VERISAN

HOME MEDICAL GUIDE AND YEAR BOOK

1939

With the Compliments of:

Timothy Whites & Taylors Ltd.

THE *Reliable* CHEMISTS.

34-36, Palmerston Rd.,

SOUTHSEA

Telephone : 6969

Branches throughout Great Britain

PUBLISHED ANNUALLY
PRICE 3D.

A LIST OF VERISAN PRODUCTS

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

Aspirin Tablets . 7½d., 1/- & 1/9
Boracic Powder . . 3½d., 6d., 11d.
Bronchial Lozenges . . 7d. & 1/-
Cascara Sagrada Tablets 5d., 8½d., 1/3
Catarrh Snuff . . . . . 7½d.
Celery Pills . . . 6d. & 10½d.
Chemical Food . 7½d., 1/-, 1/9, 3/-
Chilblain Paint 1/-
Chilblain Tablets 1/-
Chilblain Treatment . . . 1/-
Corn Silk . . . 7½d. & 1/-
Digestive Powder . . . 1/6 & 3/6
Digestive Tablets 1/-
Dusting Powder . .3d., 6d., 10½d.
Embrocation (Household) . 1/3 & 2/3
Extract of Malt . 1/1, 2/-, 4/-, 6/6
Extract of Malt and Cod Liver Oil 1/2, 2/2, 4/3, 7/-
Formalin and Mint Tablets . . 1/-
Glycerine of Thymol 7d., 1/-, 1/9, 2/9, 6/-
Hair Tonic 2/-
Headache Powders . 2d., 7 for 1/-
Heart Shaped Indigestion Tablets 6d., 10½d.
Iodine Ointment (Stainless) . 1/-
Laxative Chocolate . . 6d.
Liquid Paraffin (Medicinal) 9d., 1/3, 2/3, 4/3, 5/6, 8/-
Little Liver Pills . . . . 6d.
Lysol . . . 9d., 1/3, 2/3, 3/9
Mustard Leaves . . . 1d. each
Olive Oil 6d., 10d., 1/5, 2/6, 4/6, 8/6
Olive Oil and Raspberry Vinegar 8½d., 1/3 & 2/-
Orange Quinine Wine . . 2/- & 3/9
Pile Ointment. 1/3
Pile Powders . . . . 1/3 & 2/3
Senna Laxatives . . . . 6d.
Zinc and Castor Oil Cream . 1/- & 6d.

SURGICAL SUNDRIES

Absorbent Lint . from 3d. per oz.
Air Cushions . . . from 7/9 each
Atomisers . . . from 2/6 each
Bandages—
White Open Wove from 1d. per inch width
Crepe . . from 9½d. each
Baby Soothers . . 4½d. & 6d. each
Boric Lint . . from 2½d. per oz.
Boric Wool . . from 3d. per oz.
Clinical Thermometers from 1/6 each
Cotton Wool . . from 3d. per oz.
Eye Baths. . . . . 1/- each
Eye Shades . . . . 6d. each
Feeding Bottles . . . 1/3 each
Foot Comforts (10 varieties) each 6d. per pkt.
First Aid Equipment for Home and Office . . Complete Outfits 2/3
Hot Water Bottles . from 4/- each
Iodine Socks . . . 6d. per pair
Medicine Glasses . . . 6d. each
Nasal Douches . . . . 4½d.
Oiled Silk . 6d. & 11½d. per pkt.
Plasters . . . from 3d. per roll
Sanitary Towels . from 6d. per pkt.

All Prices in this Year Book are subject to the fluctuations of the market.

The VERISAN HOME MEDICAL GUIDE & YEAR BOOK

1939

CONTENTS

	Page
Aids to Scholars, and Others	56
Baby, Taking Care of	50–51
Birthday Notes	21–45
Buchan's Cold Spells	44
Calendar	21–45
Children's Corner	52
Complexion, You and Your	46–49
Cooking Hints	60–61
Curious Things About Teeth	28
Dog Owners, To	30
Do You Know in Sport?	55
Do You Know in Sport?—Answers	61
First Aid at Home	20–24
First Aid in Poisoning	18–19
Fitness Through the Ages	32–34
Garden, In Your	40–42
Household Hints	36-38
Luck of the Month	21–45
Medical Guide	3–17
Numerology	62–63
Poisoning, First Aid	18–19
Postal Information	64
Scholars, Aids to	56
Solutions, Children's Corner	57
Sports Records	54–55
Sport, Do You Know?	55
Sport, Do You Know?—Answers	61
Taking Care of Baby	50–51
Teeth, Curious Things About	28
Weights and Measures	58–59
You and Your Complexion	46–49

All prices in this Year Book are subject to the fluctuations of the market.

WELLCOME LIBRARY
General Collections
P
3595
22502884625

MEDICAL GUIDE

Abrasion. Broken skin frequently results in septic poisoning, wounds or sores. The exposed part should be immediately treated with Tincture of Iodine. Apply Germotak Ointment, when new skin will rapidly form.

Abscesses. Swelling of the tissues in which unhealthy matter has accumulated due to the invasion of germs.

Hot poultices should be applied to bring the abscess to a head. Medacaid Kaolin Poultice is the most cleanly and scientific preparation to apply, especially to large areas, although the older fashioned boracic lint poultice or linseed poultice are still in use. When discharging bathe freely with warm water to which a little Kutisol Antiseptic or Verisan Lysol has been added. When healing afterwards, apply a little Germotak Ointment on lint.

In severe or frequent cases see a doctor. Abscesses are usually a sign of poor health. To restore activity to weak blood take a good blood purifier, whilst a good tonic like Mason's Syrup of Hypophosphites is also recommended.

Acidity. A form of indigestion in which sour wind or fluid rises from the stomach into the mouth, usually an hour or two after meals. Attention should be paid to the diet, alcohol, coffee, sugar and starchy foods being avoided. Cream of Magnesia will speedily relieve acidity, while Heart Shape Indigestion Tablets provide a handy remedy which can be carried in the pocket, and eaten as required.

Addison's Disease. A wasting disease accompanied by peculiar bronzing of the skin. Cod Liver Oil or 'Maltogen' is of value, but the aid of a doctor should be sought.

Adenoids. An enlargement of tissues at the junction of the throat and nose, usually causing the sufferer to breathe through the mouth. A surgical operation is generally necessary, and this should not be delayed, as adenoids often have very

serious consequences, especially in children.

Ague. *See* Malaria.

Anæmia, or Bloodlessness. A complaint happily less frequent now that plenty of fresh air, adequate exercise and attention to diet, are within the reach of most young people. New laid eggs (poached or boiled), fresh milk, lean beef, fruit and vegetables should be included in the patient's food, and a good tonic such as 'Maltogen' or Mason's Syrup of Hypophosphites is beneficial. Eminent physicians are of the opinion that one of the most frequent causes of anæmia is constipation. Regular action of the bowels must be assured by means of a suitable laxative such as Chocoloids or Senna Laxatives taken according to directions.

Anæmia, Pernicious. A disfunction of the liver which requires expert medical attention. Of late years great success has attended the treatment of this disease with Liver and Stomach extracts.

Angina Pectoris. A condition in which sudden, agonising pains attack the heart, either as a result of over-exertion or excitement. Nitrite of Amyl is usually administered. Sudden exertion should be avoided and any trace of constipation dispelled by means of Chocoloids.

Anthrax. A dread skin disease, now extremely rare.

Apoplexy (Stroke). A seizure usually caused by the bursting of a blood vessel in the brain, with serious consequences. Send for a doctor immediately. In the meantime loosen all clothing and establish complete quiet. Keep the head cold by means of an ice-bag, and the feet warm by means of a hot water bottle.

Appendicitis. Inflammation of a part of the intestines, usually to be cured only by means of an operation. Avoidance of Appendicitis is ensured by keeping the bowels well regulated, and for this purpose Chocoloids are to be recommended as an occasional corrective.

Arthritis. Often called "Poor Man's Gout." A painful condition in which hard nodules appear at the joints. A rich and full diet is to be recommended, in which Maltogen is included. Local application of Electric Liniment gives instant relief, especially if Electric Tablets are taken internally at the same time.

Asthma. A distressing affection of the bronchial tubes characterised by extreme difficulty in breathing. The spasms may

be relieved within ten minutes by taking Efedrex Tablets, the treatment perfected by the latest discoveries of medical science. Two teaspoonfuls of Gee's Lobelline in half a glass of hot water will also assist in restoring free breathing. Persons liable to this affection should take Lobelline regularly as a preventive.

Backache. Backache due to kidney trouble is speedily dispelled by Harden Griffiths' Buchu-Juniper Pills. For muscular strain and rheumatic pains alleviation is obtained by the application of Electric Liniment to the affected part; or by the use of a Verisan Porous Belladonna Plaster. Drink plenty of water.

Baldness. Apply Jaborandi Hair Tonic night and morning, rubbing well into the scalp with the tips of the fingers.

Bee Stings. Extract the sting with tweezers and apply bicarbonate of soda.

Biliousness. Persons subject to this complaint should pay particular attention to the diet. A daily dose of a good Health Salt such as Allen's or Vances is a wonderful corrective. Avoid rich or fatty foods and take care that there is no constipation.

Bleeding. For small cuts (as from shaving, etc.) Styptic Pencils may be obtained which effectively stop bleeding. Bleeding in spurts indicates the severing of an artery. It should be arrested by bandaging as tightly as possible between the injury and the heart, at a suitable point near the wound. The injured person should be taken at once to a doctor or a hospital. Bleeding from a vein occurs in a continuous stream and should be stopped without delay.

Blood Pressure. In middle life, the walls of the arteries undergo a hardening which narrows the channels and thereby increases blood pressure. A course of Chlorophyll Tablets restores elasticity and rejuvenates the blood.

Boils. Special elastic Boil Dressings are now made which do away with the old unsightly coverings, and, at the same time, with the painfulness of the ordinary plaster. Apply an Elastoplast Boil Plaster and, if necessary, renew each day. These specially prepared boil plasters comprise a medicated ring which draws the boil, and a pad which absorbs the discharge. (See also Carbuncles.)

Bronchitis. Inflammation of the breathing passages, resulting in wheezy breath, harsh cough and phlegm, accompanied by

chest pains and feverishness. Frequently bronchitis develops from a common cold, which should never, therefore, be neglected. Inhaling Friar's Balsam in steam from a jug of hot water gives great relief, whilst rubbing the chest with Q.V.R.O. prior to applying Therm Wool proves very beneficial. For speedy relief and cure the soundest advice is to take Gee's Lobelline, the Great Lung Healer.

Bruises. Paint the affected part with Tincture of Arnica or bathe with Surgical Spirit and water.

Bunions. Painful swellings at the toe-joints, caused generally by faulty footwear. Comfortable shoes should be worn, whatever the fashion, and inflammation relieved by means of hot fomentations. Comfort is often increased by wearing one of the many bunion pads obtainable to-day, such as the 'Verisan.'

Burns and Scalds. The great thing is to exclude air from the affected part, and formerly the immediate application of oil was recommended. Now-a-days preparations of Picric Acid or Tannic Acid are available, which are much superior, and every household should have a small supply available for emergency. As shock invariably accompanies burns and scalds a doctor should be called whenever the injury is at all extensive.

Bursitis (Housemaid's Knee) An inflamed condition of the knee caps and maybe other joints. The affected joint should be liberally smeared with 'Verisan' Stainless Iodine Ointment and lightly bandaged, the treatment continuing until the inflammation goes. An "adaptable" bandage—such as Elastoplast—upon the joint and for some distance above and below, will afford the necessary support to the weakened joint.

Cancer. Certain cases of Cancer are curable if taken early enough. Any unaccountable swelling or tumour on the body should be brought to the notice of your medical adviser at once.

Catarrh. Inflammation of mucous membrane. Sufferers from Catarrh of the nose will find in Efedrex Nasal Jelly instant relief. Efedrex Jelly, which contains the active principle of a newly-introduced Chinese plant, has a remarkable effect on the inflammation and stops the discharge immediately. Other forms should be treated as stated under Bronchitis, etc.

Chafing of the Skin. Apt to occur in babies where moist folds of skin come together. Wash, dry and sprinkle with

Verisan Dusting Powder. Where chafing is persistent, or the powder insufficient, resort should be had to Zinc and Castor Oil Cream, which is most healing and beneficial. Chafing of the feet is common to-day among hikers, and it is invariably a wise precaution to sprinkle Antiseptic Foot Powder into one's socks or stockings before putting them on.

Chapped Hands. Caused not only by incomplete drying of the hands in cold, windy weather, but also by inferior soaps which have a caustic effect. Pavoline Soap can be relied upon not to produce chapping, but when it has already occurred, massage Germotak Ointment well into the cracks of the skin, or apply a good Glycerine Jelly, such as 'Diadem.' This relieves soreness and discomfort. Take Cod Liver Oil if you can, and eat oatmeal porridge.

Chicken-Pox. An infectious disease common in childhood. The skin becomes covered with numerous small blisters. Isolation is necessary and the doctor should be called in. To allay itching and prevent scratching apply a dilute carbolic lotion, covering the more troublesome spots with a small piece of Elastoplast.

Chilblains. Everyone is familiar with the painful condition known as chilblains. The cause is faulty circulation of the blood, but the cure is not always easy. Recently a new treatment has been introduced which has been found most effective. The Verisan or Medacaid Dual Treatment goes to the root of the problem by tackling the chilblains both inside and out. The tablets rectify the condition of the blood; the liniment affords immediate relief.

Colds. Many thousands of people die every year from neglected colds, which would in nearly every case have responded to treatment. Even slight colds should be attended to at once. A few timely doses of Gee's Cold and Influenza Mixture will always prevent any serious complications. If it is a severe cold, Gee's Cold and Influenza Mixture will speedily break it up, acting like a charm on the fever, and quickly restore the normal condition. The danger from Colds lies often in the chest troubles which follow them. Let Gee's Lobelline be your standby. Thousands of men and women owe their lives to this fine remedy which possesses lung preserving properties not found in any other preparation. Lobelline is per-

fectly safe for both kiddies and adults. A simple cold in the head, accompanied by catarrh, may be treated with Anti-grippe, which dispels the fever and cures the cold. Relief may be obtained by rubbing the nose, throat and chest with Q.V.R.O. (Quick Vaporising Rubbing Ointment). Efedrex Nasal Jelly is also useful to restore free breathing.

Colic. Abdominal pains due to intestinal trouble. Relief often results from taking three drops of Oil of Peppermint on a lump of sugar.

Constipation. Incomplete expulsion of the body's waste matter is one of the most widespread evils of present-day life and is often the root of much more serious complaints. Regular, normal action is essential to health. Delay and neglect are dangerous. The one sure cure is Chocoloids, which act naturally, without griping or discomfort. These dainty chocolate coated tablets are without equal as a corrective.

As an alternative, the use of Senna Laxatives may be confidently recommended for both children and adults. Each "sweet" contains the equivalent of six senna pods in a most convenient and pleasant form.

Consumption. Only natural measures, such as fresh air and sunlight, can effect any improvement. Strengthening foods, such as Maltogen, are very necessary. Consult a doctor if any suspicion of consumption is felt.

Convulsions. Sudden violent spasms of the muscles which are liable to occur during such illnesses as Rickets, Whooping Cough, Worms, etc. It is advisable to send for the doctor at the first sign of an attack, but in the meantime the convulsions may often be checked by placing the child in a warm bath.

Corns. When the corns are very painful, a Verisan felt ring corn plaster, which keeps the shoe from pressing on the corn will be found most helpful. They should be obtained with a strap of plaster to hold them in place.

Coughs. Coughs are invariably due to some irritation in the lungs or throat. That is why Lobelline, which contains valuable lung-preserving herbs, is so valuable. Lobelline removes the phlegm and restores and *protects* the cough-shaken lungs. It is the great *lung-healer*. Keep it ready to ward off coughs at the very start.

Cramp. Usually to be ended by stretching or rubbing the affected part.

Croup. An inflammatory condition of the windpipe that causes severe spasms of cough-

ing. Children are the usual sufferers and should be given a teaspoonful of Ipecacuanha Wine to cause vomiting. If the spasm does not pass off, the doctor should be sent for, as there is risk of the complaint in reality being something much more serious.

Cystitis. Inflammation of the bladder, in which pain and soreness are felt in the lower regions and difficulty is experienced in passing water. In all severe cases a doctor should be consulted for treatment.

Dandruff. A scurfy condition due to inflammation of the scalp. The remedy is massage with Jaborandi Hair Tonic, after thoroughly washing the hair.

Depression. Depression is usually an indication that the nervous system is run down and that a tonic is needed. A course of Magor's Tonic Tablets will revitalise and restore nerve-energy, and is very beneficial.

Diarrhœa. Excessive discharge from the bowels may cause serious lowering of the general health. A good diarrhœa mixture will usually bring quick relief. Diarrhœa in infants should be carefully watched and if it persists, the advice of a medical man should be sought.

Diphtheria. Sore throat accompanied by ulcerated patches on the tonsils marks the oncoming of diphtheria, a serious infectious complaint which requires the immediate attention of a doctor.

Dizziness. Usually due to gastric disturbance. Care should be taken to prevent this by means of regular doses of Dr. Allen's or Vances Health Salt. Particular attention should be paid to the action of the bowels and any constipation remedied by means of Chocoloids, or Senna Laxatives.

"Drought Throat." This is a type of sore throat which makes its appearance after long spells of hot, dry weather. Untoward consequences are prevented by Tonsilitis and Sore Throat Tablets.

Dyspepsia. A form of indigestion which is particularly lowering to the general health. Steps should be taken to remove it by means of Verisan Digestive Powder, a most effective remedy. This remedy is now obtainable in Tablet form also —a convenient form of relief when meals are taken away from home. Regularity in meals is most necessary and starchy foods, pork, etc., should be avoided.

Earache. In most cases earache is relieved by a hot fomentation applied above the ear, or a small mustard plaster behind it. If acute or persistent, call a doctor.

Eczema. An inflammatory, "itchy" condition of the skin, often associated with some other ailment (which should be treated, if known). Relief is obtained by applying Germotak to the affected part. Always use Germotak Soap.

Erysipelas. A notifiable, infectious disease of the skin, characterised by bright red skin-rash and high body-temperature. Call a doctor if suspected.

Eye (Grit in). To remove foreign bodies from the eye, roll up a piece of white blotting-paper like a pipe lighter, moisten and use with care.

Eyes (Care of). Like every other organ, the eyes need to be cleansed frequently, and periodical bathing with Eye Lustrant Lotion—using an eye-bath—will do much to lessen strain, tiredness and soreness.

Fainting. Loosen all clothing round the throat, neck and chest. Lay the patient flat, with the head slightly lower than the body, and sprinkle face and hands with cold water. Smelling salts may be used, but avoid giving the patient any liquid to sip until consciousness is fully recovered.

Fever. Abnormally high temperature is almost certainly a sign that medical attention is required. It is a wise plan to keep a clinical thermometer in the house, so that the temperature can be taken at the first sign of illness. The normal body temperature is 98.4 degrees (Fahrenheit).

Flatulence. The presence of "wind" in the stomach and intestines is due to imperfect digestion. Certain foods are specially conducive to flatulence, and stews, soups, strong tea and starchy foods should be avoided. Relief is obtained by taking Heart Shape Indigestion Tablets, one or two after meals.

German Measles. Isolation is necessary and the doctor should be called in. Keep warm.

Gout. A painful inflammatory condition of the smaller joints, caused by the failure of the kidneys to eliminate uric acid. A light and simple diet is essential, whilst local relief may be obtained by applying Electric Liniment, and taking Electric Tablets.

Grippe. Another name for influenza (see page 11).

Gumboils. Abscesses in the mouth are generally caused by decayed teeth which must be extracted. Verisan Glycerine of Thymol diluted with 2 or 3 parts of hot water makes an excellent mouthwash.

Hæmorrhoids. *See* Piles.

Hay Fever. A catarrhal complaint common in the early

summer. Sure relief is given by the application of Efedrex Jelly to the nostrils.

Headaches. May arise from a variety of causes, such as biliousness, neuralgia, etc. Relief can be obtained by taking one or more tablets of Phen-pyrin according to the directions.

Heartburn. An acid, burning sensation at the pit of the stomach and one of the symptoms of Dyspepsia (see page 9).

Hoarseness. For slight hoarseness, or to ease the voice during long periods of speaking, 'Winterettes' are very beneficial. Where the hoarseness is due to cough or sore throat, a Lobelline Lozenge should be sucked occasionally. Lobelline Lozenges instantly stop tickling and soreness.

Hiccough (Hiccup). Can usually be stopped by slowly sipping cold water. Another method is to allow a lump of sugar to dissolve slowly in the mouth.

Housemaid's Knee. *See* Bursitis.

Impetigo. A contagious skin rash which quickly spreads with scratching. The modern treatment is to apply strips of Elastoplast and leave them undisturbed for at least a week, after which they may be renewed if necessary.

Indigestion. All sufferers from indigestion should pay strict attention to regularity of meals and simplicity of diet. Indigestion exhibits itself in various forms, all of which respond readily to treatment with Verisan Digestive Powder or Tablets (MacLean's Formula). *See also* Dyspepsia.

Infantile Paralysis. Inflammation of the grey matter of the spine which contains nerve centres that give impulses to the muscles. Hence, when this spinal grey matter is affected by disease, various groups of muscles become paralysed. Early treatment by a doctor is essential.

Influenza. The patient should at once be put to bed, as even mild attacks are liable to turn suddenly worse. A laxative should be administered, and a light diet followed. Continued feverishness demands attention of a medical man. The most effective remedy for Influenza is Gee's Cold and Influenza Mixture, which has the condition firmly under control after a few doses. To prevent general infection, sprinkle or spray the house with Pynine Brand Vapour.

Insomnia (Sleeplessness). Usually attributable to disordered nerves, for which a good nerve tonic is desirable. Change of scenery and occupation are advisable, and a course of

Magor's Phosphor Tonic should be commenced. This "tonic in a 1,000" revitalizes the whole system, improves your appetite and makes you sleep well.

Jaundice. A disorder of the biliary system, in which the skin takes on a yellow colour. The patient should be put to bed, all solid food removed from the diet, and the doctor sent for.

Kidney Complaints. Pains in the back, Lumbago, etc., caused by disordered kidneys, are alleviated by taking Harden Griffith's Buchu-Juniper Pills night and morning, with a draught of water. Speedy relief and comfort may be obtained by the application of a Verisan Belladonna Plaster. If organic disease of the kidneys is suspected, a doctor should be consulted.

Lead Poisoning. In actual cases of lead poisoning 3 to 5 grains of Potassium Iodide should be administered in water.

Liver. Sluggish liver is one of the most common causes of lowered general health. It should be rectified by taking a course of Little Liver Pills, whilst a morning dose of a good Health Salt (Dr. Allen's or Vances) should be made an invariable practice.

Lumbago. Lumbago and all muscular pains are alleviated by the application of a Verisan Porous Belladonna Plaster, or by external application of Electric Liniment, especially if the trouble is treated at the same time with Electric Tablets taken internally.

Lupus. An obscure and persistent skin disease, for which a doctor should be at once called in. X-ray treatment is usually necessary.

Malaria. A type of fever prevalent in tropical countries and spread by a species of mosquito. Generally yields to Quinine, which acts as a specific.

Measles. An infectious disease, not in itself dangerous, but requiring in certain areas to be notified to the local Medical Authority. It usually attacks children, and is rarely suffered a second time. The symptoms are spots which commence behind the ear and spread over the whole body. Isolation is necessary, and children in the same house should be kept at home. Patients are very liable to be left much weakened by the attack, and care should be taken to build up strength during convalescence. Maltogen, which combines the body-building properties of Parrish's Chemical Food with the vitamin-richness of Cod Liver Oil and Malt Extract, is excellent

for this purpose.

Migraine. Sick Headache of a neuralgic type accompanied by stomach disorder. Usually it is confined to one side of the head and sometimes it is accompanied by dizziness. Attacks cannot always be prevented but the pain can be relieved. Phen-Pyrin Tablets, taken as directed, give immediate relief. The patient should abstain from food for a few hours. Eau de Cologne applied to the temples is very soothing. Keep warm and lie down in a darkened room.

Mouth. It should always be remembered that the mouth is one of the main seats of germ-invasion. Oral hygiene is very desirable, and it is a good practice to gargle daily with Verisan Compound Glycerine of Thymol. Scrupulous attention should be paid to the teeth and Peroxide Tooth Paste used twice a day.

Mumps. An acute, infectious disease. Medical attention should be obtained. Meanwhile, to bed and keep warm.

Nervousness. Nervousness results from worry, debility, overstrain or lowered vitality. To strengthen every nerve fibre in the body and revitalize the whole system, nothing is so beneficial as Magor's Phosphor Tonic, or, for those who prefer a tonic in tablet form, Magor's Tonic Tablets. These tonics impart new life, new energy and new nerve force to jaded systems.

Nettlerash. An irritating affection of the skin resembling eruptions caused by stinging nettles. It is usually connected with digestive troubles and often follows the eating of shellfish or nuts. The best treatment is a good dose of some antacid such as Cream of Magnesia. The itchiness should be soothed with dilute carbolic lotion.

Neuralgia. Persons subject to frequent neuralgia should avoid sudden excitement and keep to a diet of plain, wholesome food. When an attack commences Butler's Tic Cure will be found to give immediate relief.

Neurasthenia. A condition of nervous exhaustion usually arising from mental distress, overwork, worry, etc. Complete rest and quiet are very desirable. Plenty of good wholesome food helps to restore a sound, normal outlook, and a nerve tonic such as Magor's Phosphor Tonic, or Magor's Tonic Tablets (which also aid digestion) often proves of immense benefit.

Nose-Bleeding. This is almost invariably checked if the patient is made to lie down and some

cold object, such as a key, is applied to the neck, while a wet handkerchief is applied to the nose and face.

Obesity. Excessive plumpness, whilst not as a rule involving any degree of ill-health, usually causes much anxiety to the person concerned. A good method of slimming that is at once safe and effective is the use of Parkes Improved Slimming Tablets, which incorporate the virtues of the famous Austrian Spa. Special Slimming Bath Salts can now be obtained, and these have proved extremely beneficial to the over-fat. Avoid excess of starchy foods.

Peritonitis. Inflammation of the abdominal membrane, in which the onset is sudden and severe. A doctor should be consulted immediately.

Phthisis. A term used generally for pulmonary tuberculosis, or tuberculosis of the lungs, in which parts of the lungs waste away. It is characterised by shortness of breath, coughing up of phlegm which carries with it a coating of pus, and hæmorrhage which may be slight or otherwise according to the severity of the disease. If treated in its early stages, the disease is completely curable.

Piles (Hæmorrhoids). Congestion of the veins in the anal region, often accompanied by bleeding. Kutisol Pilecones can be thoroughly recommended as affording immediate relief in this distressing complaint. Liquid Paraffin or Confection of Senna should be taken as required.

Pleurisy. Inflammation of the lining of the chest, accompanied as a rule by a sharp pain in one side of the lungs, and harsh cough. The attention of a doctor is absolutely essential.

Pneumonia. A very dangerous condition which may develop after a chill if the subject is in a low state of health. Pneumonia is believed to be caused by a germ that is always present in the mouth, but does not invade the chest and lungs as long as the general health is normal. The symptoms are high fever, severe pain in the side, rapid breathing and a short painful cough. There is an expectoration rusty-red in colour. Patients should be put to bed and not allowed even to sit up, as pneumonia is accompanied by risk of heart failure. Medical attention is essential. It should be borne in mind that all sufferers from chest complaints need to be specially careful not to contract a chill, particularly as pneumonia is very frequently associated with influenza, bronchitis and other

complaints. Those whose chest or lungs are liable to attack should make it a practice to take a teaspoonful of Gee's Lobelline every morning and at night two teaspoonfuls in hot water, sipped slowly. This effectively prevents the onslaughts of all chest and lung complaints.

Pyorrhœa. A condition of the sockets of the teeth in which purulent matter is pumped out and gradual loosening occurs. In view of the serious effects on general health, it is advisable to consult your dentist. The disease never reaches an advanced stage if care is taken, from early childhood, that no irritant matter is allowed to collect on the teeth or gums. A cleansing dentifrice, such as a good Peroxide Toothpaste, should be adopted.

Quinsy. A serious and very painful throat affection that attacks when the vitality is low. Anyone who suffers any soreness of the throat should have immediate recourse to Tonsilitis and Sore Throat Tablets. As it is liable to recur, the general health should be protected by taking Maltogen.

Rheumatism. The character of rheumatism is too well known to need description, but something may be said about its causes. Undoubtedly exposure to damp or to sudden changes of temperature are frequent causes, especially where the parents or grandparents of the sufferer have also been rheumatic subjects. One exciting cause is generally considered to be constipation, which should always be specially treated. Apply a Verisan Porous Belladonna Plaster to the parts affected; or Electric Liniment may be used externally on the muscles and joints and Electric Tablets taken internally. Sufferers from chronic rheumatism would be well advised to commence taking a course of Marienbad Salts, the active principle of the famous waters.

Rickets. A complaint characterised by unsatisfactory bone formation, the child having very thin and wasted limbs. The cause is shortage of Vitamin D. It may be remedied by administering substances rich in this Vitamin. Cod Liver Oil, the chief of these substances is, in the form of Palatable Cod Liver Oil Emulsion, both nourishing and pleasant to take. Plenty of full cream milk should be provided and the patient given a "sunshine cure" if possible. Maltogen, containing Parrish's Chemical Food combined with Malt and Oil, is a most valuable strengthening food in cases of rickets.

It helps to build the bone, muscle and flesh so necessary to health in growing kiddies. Recently, the introduction of Halibut instead of Cod oil has found favour with many. Malt Extract with Halibut Liver Oil is exceptionally rich in Vitamin D and contains such a low proportion of oil that it is most palatable.

Ringworm. A skin disease that usually attacks the scalp, especially of children. The best method of treating ringworm is undoubtedly by means of X-rays. Iodine, in the form of the Strong Tincture is often applied when the area is small, but it is better done under medical supervision. A good strengthening tonic food, such as Maltogen, should be given to the patient.

Sciatica. Neuritis of the muscles of the thigh. Massage is very beneficial. The pain is relieved by application of Electric Liniment.

Scalds. *See* Burns.

Scarlet Fever. A serious infectious complaint that requires immediate attention of a doctor. High body-temperature is accompanied by headache, sickness, sore throat, etc.

Scurf. *See* Dandruff.

Sea Sickness. Nausea during travel whether by sea, by road or by air, is an unnecessary suffering to-day, when Travel Sickness Capsules are a sure preventive of trouble.

Shingles. A skin eruption characterised by the appearance of numerous small blisters on the trunk, often accompanied by severe neuralgic pains. Externally Verisan Dusting Powder should be sprinkled on freely. For the neuralgic pains one or more tablets of Phen-Pyrin, taken as directed, give relief.

Smallpox. An acute infectious disease accompanied by general sickness, feverishness, etc., and characterised by the appearance of a red rash followed by hard pimples. Where suspected a doctor should be summoned immediately, for Smallpox is one of the notifiable diseases.

Sore Throat. To guard against infection take Tonsilitis and Sore Throat Tablets at the first sign of soreness. It is prudent to gargle frequently with Verisan Compound Glycerine of Thymol. If diphtheria is suspected, see a doctor at once

Stings. Stings of insects are best treated by applying ammonia, iodine or olive oil. The sting itself should be removed, either with tweezers or by means of a hot poultice. Wasp-stings on the tongue should be treated immediately by a doctor as there is risk of suffocation from the swelling.

Stroke.—*See* Apoplexy.

Stye. A pimple-like swelling on the eyelid. The eyelid should be bathed with warm, or hot, boracic or zinc sulphate lotion. Poultices should on no account be applied. The presence of styes is an indication that the subject is run down and needs a good tonic. Verisan Improved Parrish's Chemical Food is perhaps the most suitable.

Sunstroke. The sufferer should be carried to a shady spot and the head kept erect. Clothing should be loosened and cold water or, if possible, ice, applied to the head, until the doctor arrives. Sun-bathers should be particularly careful, and the body should not be exposed without being prepared by the application of Stahls Suntan Cream.

Toothache. For neuralgic affections, Butler's Tic Cure can be relied upon to give relief.

Typhoid Fever. An infectious fever that demands the instant attention of a doctor. The early symptoms are not always easy to detect, but a high temperature is usually accompanied by a feeling of general lassitude, headache, soreness of the abdomen, etc. The temperature varies considerably, rising and falling and rising again each time a little higher until the fever is reaching its height. Any suspected victim must be kept under very close observation and isolated. Typhoid Fever is one of the chief infectious diseases notifiable by law.

Ulcers. These can now be completely cured without the patient being confined to bed. The treatment consists in applying an elastic plaster bandage—such as Elastoplast—but should be carried out only under medical supervision.

Varicose Veins. Nowadays a simple injection ends Varicose Veins, and for that reason they should be examined by a doctor before they become serious. Support is given by bandaging, using either crepe bandages, or rubber base bandages such as Elastoplast or Semiplast.

Warts. Apply Kutisol Wart Charmer.

Whooping Cough. A disease easily recognised by its characteristic whoop. Though dreaded this complaint is not really serious for normal strong children, and soon responds to Whooping Cough Mixture. When the whoop stage is reached, the child should be allowed to get up and even, if there is warm sunshine, to play out-doors. Whooping Cough Liniment gives great relief when rubbed into the chest.

FIRST AID
IN CASES OF POISONING

WE CANNOT too often repeat that wherever poisoning is either definitely known or even suspected, you should **SEND FOR THE DOCTOR IMMEDIATELY.** And to avoid any delay, be careful to tell the messenger the address also of the next nearest doctor in case the first should chance to be absent.

Whilst your messenger is on the way, you can render the patient valuable aid by observing the treatment given below, according to the nature of the poisoning.

We must repeat a very important warning here, however: If you see the lips are burned, you will know instantly that it is an acid poisoning. **In that case do not give an emetic.** Otherwise proceed as follows:

When poison has been taken into the stomach, the first move is either to neutralise its effects by administering an antidote according to the nature of the poison, or else to give an emetic. An emetic is something that will cause the patient to vomit, and two very good household emetics will be found in lukewarm salt water or mustard and water.

But do not forget: *If the lips are burned do not give an emetic.*

We give below, for your guidance, a few of the more common forms of poisoning (together with the symptoms by which you may recognise their presence) and their correct treatment.

ACIDS (see also Carbolic Acid or Lysol, Prussic Acid, Salts of Lemon, Zinc Salts). With strong mineral acids, the mouth and lips will be stained and burnt or blistered. Nitric Acid gives a yellow stain; Hydrochloric Acid (commonly known as Spirits of Salt) gives an angry red stain; Sulphuric Acid (commonly known as Vitriol) gives a black stain. Strong Acetic Acid smells like vinegar.

Treatment. Administer a tablespoonful of chalk, whitening, magnesia, or even ordinary wall plaster, stirred up in water. This will neutralise the acid, and you should then follow up with a good drink of olive oil, milk, gruel, or the white of an egg, to soothe the stomach and ease the pain. DO NOT GIVE AN EMETIC.

ALCOHOL. With acute alcohol poisoning there is a leering, vacant expression accompanied by giddiness. The pupils of the eyes become dilated and fixed, the pulse is quickened, perspiration rises on the forehead and hands, and the temperature of the body is lowered.

Treatment. Keep the patient awake. Apply cold douches to the head and administer hot, strong coffee or tea. The patient should be well wrapped up and put to bed.

ARSENIC (Weed Killers, etc.). With arsenic poisoning there is a burning pain in the stomach accompanied by excessive thirst.

Treatment. Administer emetics, after which give a drink of barley water or thin gruel. Apply warmth to extremities.

CAMPHORATED OIL. This will be recognised by the odour of camphor in the breath. The patient is over-

come by giddiness and faintness.
Treatment. Administer emetic and apply warmth to extremities.

CARBOLIC ACID or LYSOL. The lips and mouth are burned into white blisters. There is a strong odour of carbolic in the breath.
Treatment. Give one tablespoonful of Epsom or Glauber Salts in a tumbler of milk or water.

CAUSTIC ALKALIS (Caustic Soda, Caustic Potash, Strong Ammonia, etc.). The mouth is blistered and white and slimy to the touch. Acute pain is felt as from acids.
Treatment. Administer vinegar or lemon juice in water and after the alkali has been neutralised give the patient a good drink of olive oil, milk, or the white of an egg. As an alternative to vinegar or lemon juice a solution of tartaric or citric acid of similar strength may be given.

IODINE. The mouth is stained and there is pain and burning in the throat and stomach.
Treatment. Give large draughts of water and starch to neutralise the poison, after which you may give the patient a drink of milk, thin gruel, etc.

PHOSPHOROUS (as from Rat-paste, Matches, etc.). Blistering is seen around the mouth and lips as from acids. There is pain in the stomach and the patient tries to vomit.
Treatment. Administer emetics. Afterwards give milk, thin gruel or white of an egg. DO NOT GIVE OILS OF ANY DESCRIPTION.

PRUSSIC ACID. This can easily be detected by its odour like bitter almonds. The patient is affected by giddiness and staggering and sometimes by complete insensibility.
Treatment. Dash cold water on the head, back of neck and spine. Apply artificial respiration. Hold smelling salts beneath the nose. If the patient is able to swallow give alcoholic stimulants.

PTOMAINE POISONING. This is accompanied by shivering and the patient is afflicted by colic, probably vomiting, and violent purging which brings on weakness.
Treatment. Administer an emetic and after the patient has been persuaded to vomit give a purgative, such as Castor Oil. Apply warmth to extremities.

SALTS OF LEMON. Patient complains of a burning pain in the stomach.
Treatment. Administer half an ounce of chalk, whitening or wall plaster stirred up in water.

ZINC SALTS (i.e., soldering fluid, etc.). The mouth and lips are rough and corroded and the patient may be seen to heave and vomit.
Treatment. Give two teaspoonfuls of Bicarbonate of Soda in water. After a short interval the patient may be given milk liberally, BUT DO NOT GIVE EMETICS.

KIDNEY AILMENTS

Mrs. Allanson, Leeds, writes: "I suffered terribly from **Kidney Trouble** caused through my confinement, and had five fits. I lost over 3 stones and could not walk. My gums and tongue were pure white, and I suffered dreadful nights. I was told my kidneys were permanently damaged and nothing more could be done for me. I started taking **Vitadatio** and it has worked wonders. I cannot thank you enough for the wonderful benefit I have derived from it. My kidneys have now been tested again and found to be perfect."

STOMACH TROUBLE & WEAK CONSTITUTION

Are you suffering from this nerve-fraying trouble? In constant pain? Dare not eat? Irritable? Do not despair. **Vitadatio** can do for you what it is daily doing for others. Read what Mrs. Clark, Rawmarsh, Yorks., writes:—"I have gained wonderful results from taking **Vitadatio.** I suffered from **Stomach Trouble** and derived great benefit from this wonderful medicine. I cannot speak too highly of the strength and vitality **Vitadatio** gives to a weak constitution. It is all it is recommended to be." Thousands of sufferers from Liver, Kidney, Stomach and Blood Troubles have derived marvellous benefit. Prove it yourself—don't delay—**Get a Bottle to-day.** Sold by all branches, 3/- and 5/- per bottle.
A postcard will bring you free book of wonderful testimonials, from Vitadatio (Box 2), Armley, Leeds

Vitadatio SEND FOR VALUABLE FREE BOOKLET

First Aid at HOME

ORDINARY cuts and wounds need no special mention here, since they may be simply treated by anyone; but if the wound is severe and bleeding profusely, note carefully if the blood is a bright red and is gushing from the wound in fits and spurts. If this is so, it is highly probable that an artery has been severed, and medical aid should be summoned *immediately*. In the meantime bind very tightly *just above the wound* in the direction that is towards the heart.

This applies more particularly, of course, when the severed artery is in a limb. You clearly cannot so bind a severe wound on the head or trunk. Fortunately, however, not many arteries come sufficiently near the surface to be liable to injury by ordinary common daily accidents. In these pages, therefore, we need only to notice such as *are* liable to be severed in such circumstances.

There is an artery in the centre of the palm of the hand. If this becomes severed, bind tightly *around the wrist*; or better still, place two small corks or rounded pebbles on the spots in the wrist where the doctor feels your pulse, and bind these tightly down on to the wrist until the blood ceases to spurt from the palm of the hand.

Another artery that is liable to injury in the home is that in the underside of the foot—what is equivalent in the foot to the palm of the hand. Sometimes

Continued on page 22

VERISAN BRAND

FIRST-AID SUPPLIES

All 'Verisan' Products are of the highest quality and guaranteed free from impurities.

COTTON WOOL

In packets—

1-oz.	2-oz.	4-oz.	8-oz.	16-oz.
3d.	5d.	9d.	1/5	2/8

BANDAGES

Available in 7 widths (1 in. to 6 in.) and supplied in 6-yard lengths from 1d. per inch width.

LINT

Boric (Pink) 2½d. per oz., 2/6 per lb.
Surgeons Absorbent (White), 3d. per oz., 2/10 per lb.

OILED SILK

9 in. x 9 in., 6d.
18 in. x 10½ in., 11½d.

ABSORBENT GAUZE

Per 2 yards, 6d.
Per 6 yards, 1/3.

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

CAPRICORN

JANUARY						
SUN. ..	1	8	15	22	29	⊕
Mon. ..	2	9	16	23	30	⊕
Tues. ..	3	10	17	24	31	⊕
Wed. ..	4	11	18	25	⊕	⊕
Thurs.	5	12	19	26	⊕	⊕
Fri. ..	6	13	20	27	⊕	⊕
Sat. ..	7	14	21	28	⊕	⊕

LUCK

OF THE MONTH

JANUARY is a fortunate month for weddings. New friendships formed in this month will also prove harmonious and beneficial. . . .

THE month, for Astrological purposes, commences on 22nd December, when the sun enters the zodiacal sign CAPRICORN, and ends on 21st January. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the zodiacal sign until about 27th December, and commences to weaken about 16th of the month.

. . .

JANUARY'S children are ambitious, forceful and determined, and are capable of great achievement when conditions are harmonious. But they are usually a little too blunt and outspoken in manner, and are lacking in tact and diplomacy. Yet they are good-natured, generous and sympathetic, and make valued friends when understood. They possess sound business ability, and make excellent organisers if allowed to conduct things in their own way; but they resent interference, are often argumentative, and are a little too self-willed and independent to win the fullest co-operation from others.

They rarely have an easy life, or a rapid or sudden rise to success, but achieve their ambition by sheer doggedness, and only after painstaking and laborious effort against obstacles.

LUCKY STONE—*Turquoise*, if born before 22nd of the month; *Garnet*, if later.

PLANET—*Saturn*, if born before 22nd; *Uranus*, if later.

LUCKY COLOURS—*Black, dark grey and brown* if born before 22nd; blue, if later.

LUCKY NUMBER—8. (See also page 62—Numerology.)

MARRIAGE PROSPECTS. January's children usually marry rather late in life. Or they may contract a second marriage. They are usually best matched with a partner born in either September or May. This applies equally to business partnerships. It will frequently be found that women born under Capricorn, if they marry early in life, wed with a man considerably older than themselves.

HEALTH. There is a tendency to rheumatic complaints (particularly of the knees and thighs), sciatica, etc. Dyspepsia, Constipation and general digestive disorders should also be carefully guarded against.

The chief British towns supposed to come under the special influence of **Capricorn** *are Oxford and Keighley.*

TYCHO BRAHE

The Danish Scientist who first introduced the circular type of Horoscope as used by modern Astrologers.

First Aid at Home—*cont.*

children walking about with bare feet will tread on a broken piece of glass or a carelessly dropped razor blade, and will cut this artery.

When such an accident occurs, make a small hard pad and press it well into the hollow behind the knee. Now bend the knee well back to hold the pad tightly pressing into the hollow, and bind round the bent up limb in order to prevent it from slipping. If your work has been properly done, you will see the blood ceases to spurt from the wound in the foot.

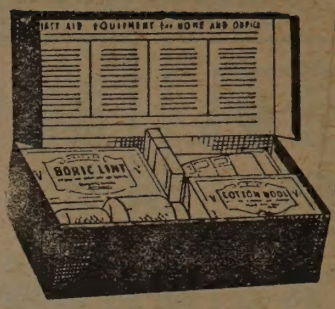
A wound in the face which has cut an artery is a somewhat different proposition. In this case we must remember that the direction of the heart is *downwards* from the wound. The best position from which to check the flow of blood from a facial wound is at the angle of the jaw. Turn the patient's head sideways and with your two larger fingers feel at the angle of the jaw until you can feel the pulse beating. Then press hard on this spot *with one finger* until the bleeding in the face wound ceases to spurt.

But don't forget: in all such accidents, send for the doctor immediately.

Foreign bodies in the nose, eyes or ears. If a living insect has settled in the ear, the light from an electric torch shone into the ear will usually bring it out. Failing this, fill the ear with olive oil or glycerine and the foreign body will soon rise to the surface. If the obstruction should be anything that will swell (such as a pea, seed, etc.,) do not put water or oil in the ear. And do not attempt to probe: only an experienced medical man should be allowed to probe the ear.

If an obstruction in the eye is on the upper part of the eyelid, gently roll back the lid over a matchstick (a wax vesta

Continued on page 24



Contents: Two Bandages, Three Bandage Fasteners, 1-oz. Boric Lint, Two Burn Dressings, 1-oz. Cotton Wool, Tincture of Iodine (with brush), Zinc Oxide Plaster, "Elastoplast" Emergency Wound Dressings. Full instructions on lid.

VERISAN

FIRST-AID

EQUIPMENT FOR HOME & OFFICE

Complete Outfit 2/3

Obtainable from Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

DON'T CUT

It's safer to move it with:—

Hobsons Choice

FEET PLAISTERS POWDERS

OVER 50 YEARS REPUTATION

Plaisters 1½d., 3d., 4½d.

Powders 1d. packets and 4d. boxes.

Get them from Taylors or Timothy Whites

Hobson, Trimble & Co., Ltd.

Leeds, 2.

AQUARIUS

FEBRUARY						
SUN. ..	⊕	5	12	19	26	⊕
Mon. ..	⊕	6	13	20	27	⊕
Tues. ..	⊕	7	14	21	28	⊕
Wed. ..	1	8	15	22	⊕	⊕
Thurs.	2	9	16	23	⊕	⊕
Fri. ..	3	10	17	24	⊕	⊕
Sat. ..	4	11	18	25	⊕	⊕

LUCK
OF THE MONTH

FEBRUARY, the month of Valentine, is naturally a good month for weddings. A marriage contracted on the 14th is particularly lucky.

THE month, for Astrological purposes, commences on 22nd January, when the sun enters the zodiacal sign AQUARIUS, and ends on 21st February. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th January, and commences to weaken about 16th of the month.

• • •

FEBRUARY'S children are likely to reveal either of two very different natures: they may be noble, sympathetic, good-natured and kind, or else selfish, mean and inconsiderate. It rests with them alone.

They are inclined to be wilful, yet have great powers of self-control when they choose to exercise them; but there may be a tendency, if not checked early, to be obstinate, suspicious and morose.

February people have a natural aptitude towards books and learning *if an interest is created for them*; but they dislike laborious study. Highly-strung and emotional, they frequently suffer reactions of moody depression after a pleasurable or exciting day.

They can be a great influence for good *or ill* among their fellow creatures. If they marry they should guard carefully their conduct in the bosom of the family, for their example will become their children's rule of life.

LUCKY STONE—*Garnet*, if born before 22nd; *Amethyst*, if later.

PLANET—*Uranus*, if born before 22nd; *Neptune*, if later.

LUCKY COLOURS—*Blue and some shades of green*, if born before 22nd; *grey*, if later.

LUCKY NUMBER—4. (See also page 62—Numerology).

MARRIAGE PROSPECTS. Those born in this month almost invariably bring luck to their marriage partner. Their influence and advice are also a boon to business associates. They are usually best matched in marriage with those born in either June or October.

HEALTH. The chief complaints can nearly all be traced to defective circulation of the blood. Headaches, cold feet, nasal catarrh, earache and rheumatic disorders are most likely, and there may be a tendency towards rheumatic fever if due care be not taken. They are subject to fits of depression and morbidity.

The chief British towns supposed to come under the special influence of **Aquarius** *are Salisbury and Brighton.*

FRIAR BACON

Famous monk of the 13th Century, devoted much attention to Astrology and Alchemy.

First Aid at Home—*cont.*

for preference) and remove the obstruction with the corner of a handkerchief. If on the lower lid, the lid can easily be held down with the tip of the finger, but care should be taken not to touch the eyeball. *Never rub the eye.* And if the obstruction should be embedded in the eyeball, do not attempt to remove it, but send for the doctor at once.

A foreign body in the nose (such as a bead, etc.) can usually be removed by causing the patient to sneeze with the aid of a pinch of snuff, or pepper.

Sprains. Apply cold water bandages, and keep the limb elevated. Change the bandage periodically.

Burns. Soak a piece of gauze in picric acid and apply to the burn. Cover with a strip of oil silk and a pad of cotton wool, and bandage loosely.

If the injury is severe, send for the doctor, and in the meantime make sure to *keep the patient warm*, for shock is the chief danger from severe burns.

Choking. Try an emetic in simple cases to cause the patient to vomit the obstruction. If the obstruction is a small bone that cannot be removed with the fingers, eat a piece of dry bread, then drink a glass of water.

Stings. Bee stings and wasp stings do not call for the same treatment. The poison from a bee sting is acid; therefore it needs an alkaline as its antidote. Ammonia, washing soda or the ordinary blue-bag applied to the wound will arrest the posion. The sting should be removed with a pair of tweezers or a sterilised needle.

The poison from a wasp sting, on the other hand, is alkaline and needs an acid as its antidote. Vinegar or raw onion applied to the wound is the best emergency remedy. The wasp does not leave its sting behind.

Instant Treatment for

CUTS, WOUNDS BLISTERS

For all small injuries, 'Elastoplast' First Aid Dressings ensure proper antiseptic treatment instantly. Each tin contains an assortment of dressings ready to apply in a moment. Elastoplast Boil Dressings & Plasters available at all branches of Timothy Whites & Taylors in handy RED tins, 6d. and 1/-.

Write for FREE SAMPLE to:—

T. J. SMITH & NEPHEW, LTD., (Dept. V1), Neptune Street, Hull.

Elastoplast

TRADE MARK BRAND

FIRST AID DRESSINGS

Correct Treatment for

BOILS

No more need for hot fomentations or bulky dressings. 'Elastoplast' flesh-coloured Boil Dressings are elastic and adhesive, stay comfortably fixed, are unnoticeable and may be kept on when washing. Each 6d. tin contains two medicated Boil Dressings and one antiseptic Wound Dressing.

Elastoplast

TRADE MARK BRAND

BOIL DRESSINGS

PISCES

MARCH

SUN. ..	⊕	5	12	19	26	⊕
Mon. ..	⊕	6	13	20	27	⊕
Tues. ..	⊕	7	14	21	28	⊕
Wed. ..	1	8	15	22	29	⊕
Thurs.	2	9	16	23	30	⊕
Fri. ..	3	10	17	24	31	⊕
Sat. ..	4	11	18	25	⊕	⊕

LUCK
OF THE MONTH

MARCH is not generally thought to be an ideal month for weddings, but if a snowstorm occurs on the day it is considered lucky.

THE month, for Astrological purposes, commences on 21st February, when the sun enters the zodiacal sign PISCES, and ends on 21st March. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 26th February, and commences to weaken about 16th of the month.

THOSE born in this month are usually benevolent, kind and considerate, especially to dumb animals and the weak and oppressed. They are studious and philosophical, of a benign and jovial disposition, and possess great force of character; but they are impatient, and are inclined to be irritable when opposed, frequently acting, at such times, without due consideration. They are assiduous workers,—if they can discover a *purpose* in their work; but they detest routine and will not settle to tedious labours.

To get the best out of them they should be trusted, for they will never fail a friend. But if they are cheated, they will often go to extreme lengths to get even with their deceiver.

A strange medley of impulses, they are rarely fully understood, even by their best friends.

LUCKY STONE—*Amethyst*, if born before 21st; *Bloodstone*, if later.

PLANET—*Neptune*, if born before 21st; *Mars*, if later.

LUCKY COLOURS.—*Grey, mauve and purple*, if born before 21st; *red*, etc., if later.

LUCKY NUMBER—7. (See also page 62—Numerology.)

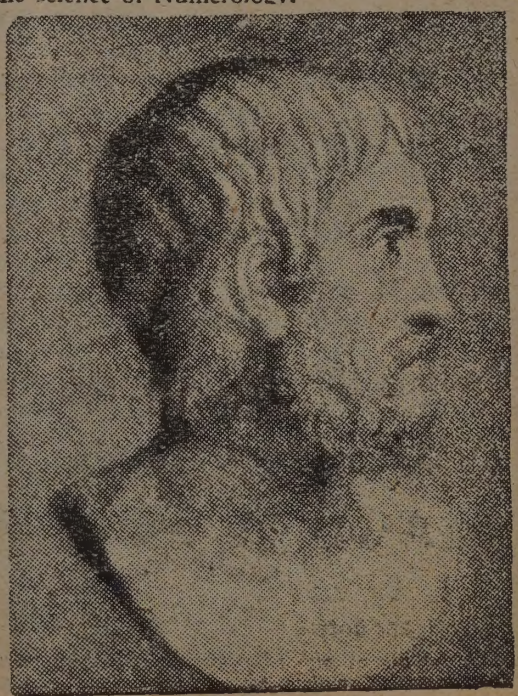
MARRIAGE PROSPECTS. Those born in this month often marry beneath themselves in station, or else choose a partner considerably younger than themselves; but the union is usually a success. Sometimes they contract a second marriage, but when this happens one of the unions usually proves inharmonious. They are generally best matched with those born in July.

HEALTH. March subjects usually suffer from minor disorders of the blood, and from kidney or liver complaints. Asthma or severe catarrh are also common ailments. Undue mental and physical strain or worry should be avoided or they may be liable to bring on functional disorders.

The chief British towns supposed to come under the special influence of **Pisces** *are Bournemouth, Christchurch, Cowes, Grimsby, Lancaster, Preston and Southport.*

PYTHAGORAS

The Greek philosopher taught the mysteries of numbers, and may be said to have founded the science of Numerology.



Treat Colds Scientifically with

"Efedrex" BRAND

PREPARATIONS *Containing Ephedrine*

Since the introduction of *Ephedrine* into medicine some few years ago the whole treatment of colds, catarrh and all nasal disorders has been revolutionised.

EFEDREX NASAL JELLY
Quickly relieves congestion.
Per tube **1/3**

EFEDREX NASAL SPRAY
For nose and throat.
Per bottle . . . **1/6**

EFEDREX ASTHMA TABLETS
Relief in 10-15 minutes.
Per 20 tablets . . **2/-**

Atomiser for applying Efedrex Nasal Spray 2/6.

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

RHEUMATISM

To get real and permanent relief from this wide-spread and agonising complaint you must deal with the *cause*. Uric acid has accumulated in muscles or joints because your kidneys are failing to do their work properly.

De Witts Brand Kidney and Bladder Pills are world-renowned for their splendid effects on faulty kidneys. After taking a course of these pills you will find your pains disappear, your joints more supple and your whole health improved.

DEWITT'S KIDNEY AND BLADDER PILLS
BRAND

do you so much good because they help the kidneys to do their work perfectly—the removal of bodily waste. Try them and you will be delighted

1/3
3/-
5/-

Take a holiday by the Sea

WHEN YOU FEEL RUN-DOWN

That's sound advice you can't always take. But you can take the next best thing—a course of Magors Phosphor Tonic, surpassed only by the sunshine and the open air in bringing back the glow of health to pallid cheeks. Magors is the tonic in a thousand. It is a perfect combination of Malt, Iron, Quinine, Phosphorus and Bromine and is unrivalled in cases of Nervous or Physical Weakness, Neurasthenia, etc. During convalescence, after Influenza and similiar fatiguing ailments, Magors Phosphor Tonic is invaluable.

MAGORS PHOSPHOR TONIC

1/3, 3/- *and* **5/-** *per bottle.*

Obtainable at all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

ARIES

APRIL						
SUN. ..	⊕	2	9	16	23	30
Mon. ..	⊕	3	10	17	24	⊕
Tues. ..	⊕	4	11	18	25	⊕
Wed. ..	⊕	5	12	19	26	⊕
Thurs.	⊕	6	13	20	27	⊕
Fri. ..	⊕	7	14	21	28	⊕
Sat. ..	1	8	15	22	29	⊕

LUCK
OF THE MONTH

APRIL is considered a particularly fortunate month for engagements, especially at Eastertide, when they are said to foretell sound money prospects.

THE month, for Astrological purposes, commences on 22nd March, when the sun enters the zodiacal sign ARIES, and ends on 21st April. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th March, and commences to weaken about 16th of the month.

THOSE born in this month are of a forceful, fiery disposition, courageous, ambitious, and spiritedly independent. They are very energetic and enterprising and will always be in the front rank in whatever sphere of life they happen to be placed; but although natural leaders and good organisers, they seem to lack the ability to carry out successfully the detail work of their own plans, and need the willing co-operation of others to execute the schemes they have prepared. They are proud and self-willed, and often quick-tempered. They make good leaders, and instinctively "take the reins" wherever they are placed; but they are apt to be overbearing and inconsiderate of others, and are sometimes ruthless in their ambitions. They want to do everything with a flourish, and this often leads them into extravagance.

LUCKY STONE—*Bloodstone*, if born before 22nd; *Sapphire*, if later.

PLANET—*Mars*, if born before 22nd; *Venus*, if later.

LUCKY COLOURS—*Red, orange and pink*, if born before 22nd; *blues*, etc., if later.

LUCKY NUMBER—9. (See also page 62—Numerology.)

MARRIAGE PROSPECTS. Those born in this month usually contract a marriage with a partner who is of an argumentative nature, but energetic and ambitious. The union is usually a success, but the home life is frequently disturbed by little tiffs that rarely, however, attain serious proportions. April people are generally best matched with those born in either August or December.

HEALTH. Those born in this month, being very active mentally and physically, are apt to overtax the faculties through applying themselves too assiduously to close work when they are tired, and this often brings on eye troubles, neuralgia, severe headache, etc. Most of their complaints are brought on by overstrain and worry. They need plenty of sleep and harmonious surroundings.

The chief British towns supposed to come under the special influence of **Aries** *are—Birmingham, Leicester, Oldham and Blackburn.*

NOSTRODAMUS

Renowned French Astrologer of the 16th Century. Among his forecasts was the prediction of the Plague and Fire of London.

Curious Things about Teeth

IT is perhaps not generally known that sheep have no teeth in the upper jaw. Turtles and tortoises have none at all, but the sea urchin has five, one in each of its five jaws. Most fishes are compelled to swallow their food without mastication by the mouth, because a fish is obliged to open and close its jaws incessantly in order to breathe, so is unable to retain food in the mouth for any lengthy period. The carp, however, has its teeth in the back of the throat.

The whale is really an animal, not a fish, and he does not possess any teeth; but inside his mouth are several hundred very small sieves, and by means of these, when the whale closes his mouth, he is able to retain the small fishes he has captured while the water is strained out through the holes.

Now Nature has adapted the *bodily organism* of all these creatures to do the work of mastication. But in the case of the human family (as in most of the animal kingdom) the teeth bear the main burden in this process. Indeed, few parts of the human body are exercised so much as are the teeth, and it is not until we have lost them that we realise their immense value to us.

It will be seen that Nature has so fashioned our dentures that the front teeth are formed with a knife-like or guillotine edge to bite off the food, while the rear teeth or molars, at the back of the mouth, are fashioned like pounding instruments to crunch and grind the food into a pulpy mass in preparation for the digestive organs.

Thus it is clear that a very important part, indeed, is played by the teeth in the process of digestion; and doctors constantly remind us that many of our bodily ills might be avoided if we would only pay more attention to the process of mastication in the mouth and the care of the teeth themselves.

Let us, then, resolve to give our teeth their due attention while we still possess them. The somewhat unnatural mode of living of our present age, coupled with the fact that our diet is not always well chosen, demands that modern man must resort to artificial methods to assist in maintaining the cleanliness of his teeth. The lower orders of the animal kingdom cleanse theirs instinctively by natural processes. The dog, for example, in the act of gnawing on a bone, is unwittingly removing from his teeth all the harmful agents that might give rise to decay. But civilised man no longer cleanses his teeth by the processes of primitive nature: he needs to adopt artificial aids to achieve the same result. To-day we employ a toothbrush and dentifrices that are specially prepared chemically to destroy the germs of decay.

Let us, then, remember how important to us the toothbrush really is, and to observe that we keep it always scrupulously clean. It costs only a few coppers to replace it frequently—but those few coppers are well spent.

WHY YOU SHOULD USE

REGD

Verisan

TOOTH BRUSHES

- Made from pure bristle, sterilised *after* manufacture and sealed in a dust-tight container, Verisan Tooth Brushes are in perfect condition when you buy them.
- They are designed to CLEAN, not merely to brush and are available in many styles and qualities with various coloured handles.

PRICES FROM **9d. to 2/6**

MADE IN ENGLAND

Obtainable from Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

TAURUS

MAY						
SUN. ..	⊕	7	14	21	28	⊕
Mon. ..	1	8	15	22	29	⊕
Tues. ..	2	9	16	23	30	⊕
Wed. ..	3	10	17	24	31	⊕
Thurs.	4	11	18	25	⊕	⊕
Fri. ..	5	12	19	26	⊕	⊕
Sat. ..	6	13	20	27	⊕	⊕

LUCK

OF THE MONTH

MAY is considered an unlucky month for weddings. The Goddess MAIA after whom this month was named was not considered favourable to married bliss.

. . .

THE month, for Astrological purposes, commences on the 21st of April, when the sun enters the Zodiacal sign TAURUS, and ends on the 21st of May. If your birth occurred very near to either of these dates some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about the 26th April, and commences to weaken about the 16th of the month.

. . .

THOSE born in this month are usually rather quiet and reserved, but possessed of a very resolute and determined spirit. They won't give up once they have set their mind upon anything and may often be found wrestling for days with some pointless problem rather than admit defeat. They are steady-going, precise and orthodox in their outlook, holding very fixed views on life and things in general and no amount of argument will shake their conviction once they have formed an opinion.

They dislike changes or upheavals and are only happy when life runs in a smooth routine and they are working under conditions of regular system and order.

Honest and frank themselves, they are inclined to be too trusting of others; consequently they are often easy victims of deception and treachery.

LUCKY STONE—*Sapphire* if born before 21st; *Emerald* if later.

PLANET—*Venus* if born before 21st; *Mercury* if later.

LUCKY COLOURS—*Blue mixtures, green, etc.*, if born before 21st; *white* if later.

LUCKY NUMBER—6 (see also page 62—Numerology.)

MARRIAGE PROSPECTS—Those born in this month are usually best matched with a partner whose birthday occurs in either September, or January.

Women born in May make devoted mothers and economical housewives. The home life is most harmonious where the husband is in steady employment with secured prospects.

HEALTH—There is a tendency to minor heart affections, flatulence, etc., due to "flabby" habits which induce stoutness. Those born in this month are also liable to suffer slight throat affections.

The chief towns supposed to come under the special influence of **Taurus** *are Dublin and Ashton-under-Lyne.*

Dr. DEE

Official Astrologer to the Court of Queen Elizabeth. Cast the Horoscope for most of the nobility of his day.

EVERY RAT KILLED!

Not one of these pests is left, thanks to Rodine. It kills them *all*. Two kinds sold—Rodine Phosphorus, known in every part of the world, and the new Rodine Red Squill, harmless to pets and poultry. Both kinds 7½d. and 1/3 from chemists.

RODINE

Makers : Thomas Harley Ltd.,
Rodine Works, Perth, Scotland.

To Dog Owners

IT may be said with all truth that the health, condition and happiness of a dog depend primarily upon two factors: the way he is fed, and the way he is exercised. More unintentional misery is caused dumb animals by over-indulgence than by any other cause. It would scarcely be an exaggeration to say that 75 per cent. of the domestic pets of this country are overfed. Two good meals a day are ample for any dog. Choose plain, wholesome food, and do not make the common mistake of giving him too much meat. Never give a dog poultry bones, or rabbit bones: these bones splinter too easily and are liable to stick in the throat or else cause internal trouble. Avoid sweet-stuffs and confections as much as possible. The dog will like them, but they are not good for him. And do not give him cheese if you wish to avoid giving him worms.

His exercise should be regular. Take him a good run twice a day, sometime during the early part of the morning, and again last thing at night, and he will not be troublesome during the day. *It is not only unnecessary, but it is cruel to keep a dog chained up during the daytime.* This is the surest way of making him savage.

A condition powder once a week will keep him in order, and you will see his healthy condition reflected in the sheen of his coat and the glint of his eye.

Finally, do not bath a dog too often, particularly in the cooler months. Regular grooming and shampooing are far better.

SOME USES FOR
SILVOPINE
FOR SICK ROOMS
FOR THE BATH
FOR WASHING CLOTHES
FOR FLOORS
FOR DOGS
FOR STABLES
FOR LAVATORIES
FOR SINKS & DRAINS
FOR DUST BINS
DOGGY WILL BE CLEAN!
. . . if you rinse him in a solution of Silvopine (Pine Fluid) Disinfectant after bathing. It will free his coat of all pests and remove all traces of that doggy smell. Silvopine is the ideal disinfectant for his kennel and for a hundred and one other domestic purposes too!
6D AND 1/3
SILVOPINE
DISINFECTANT (PINE FLUID)
Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.
SILVOPINE DISINFECTANT (PINE FLUID)

GEMINI

JUNE						
SUN. ..	⊕	4	11	18	25	⊕
Mon. ..	⊕	5	12	19	26	⊕
Tues. ..	⊕	6	13	20	27	⊕
Wed. ..	⊕	7	14	21	28	⊕
Thurs.	1	8	15	22	29	⊕
Fri. ..	2	9	16	23	30	⊕
Sat. ..	3	10	17	24	⊕	⊕

LUCK
OF THE MONTH

JUNE is considered a lucky month for weddings. The Goddess JUNO after whom the month was named was the patron of happy marriages.

* * *

THE month, for Astrological purposes, commences on the 22nd of May, when the sun enters the zodiacal sign GEMINI and ends on the 21st of June. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the zodiacal sign until about 27th May, and commences to weaken about the 16th of the month.

* * *

THOSE born in this month are invariably possessed of good intellect and very keen mental powers. They have a natural bent towards all intellectual pursuits, science, literature, etc., and are rarely to be seen without a book somewhere handy. They are, however, of a restless and unsettled disposition and whatever their calling they always seem to think they have missed their vocation.

June subjects are usually somewhat irresolute. They seem to find it difficult to make up their minds. Once they *have* made a decision, however, they can carry almost anything to success.

LUCKY STONE—*Emerald* if born before 21st; *Agate* if later.

LUCKY COLOURS—*White, light grey, etc.*, if born before 21st, *green* if later.

PLANET—*Mercury* if born before 21st; *Moon* if later.

LUCKY NUMBER—5. (See also page 62—Numerology.)

MARRIAGE PROSPECTS—A large proportion of the women born in this month do not marry. They often settle to careers, such as school teachers, etc. When, however, they *do* marry they make good wives and splendid mothers. Those born in June are usually best matched with a partner born in either October or February.

HEALTH—Those born in this month are prone to nervous complaints, and should avoid undue mental excitement or too lengthy application to exacting brainwork, especially when fatigued. The respiratory system is also somewhat weak, and care should be exercised to avoid persistent colds, which are liable to develop into pneumonia if not checked in their early stages.

The chief British towns supposed to come under the special influence of **Gemini** *are London, Plymouth, Wolverhampton and Wednesbury.*

FORTUNE-TELLING CARDS

Modern Playing Cards had their origin in the early Tarot, or Fortune-Telling Cards. Left, Egyptian; right, Italian; both depicting same subject.

FITNESS

through the

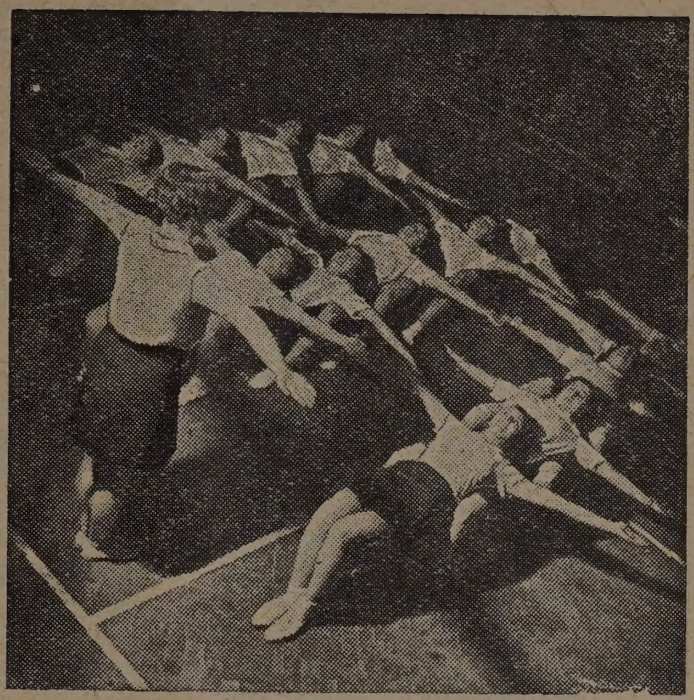
THE NATIONAL KEEP FIT Campaign is by no means a modern vogue, even in its *national* aspect. Indeed, physical training to-day does not command the wide national interest that it enjoyed in classical times.

To the ancient Greeks the care and training of the body held the most important place in the educational system. Special buildings were erected out of State funds, organised and directed by public officials; and these buildings became the centres of education in all its branches.

Such a building was called a Gymnasium, from the Greek word *gumnos*, naked, and was so named because it was customary among the Greeks to strip almost naked before engaging in the physical training exercises prescribed by the educational authorities.

These buildings were very elaborate structures, and were built not only as academies of physical training but as the centre of all the arts and sciences. In the outer porticos the learned men and philosophers of the day gave public lectures and held open debates. They excelled the modern Free Library in their status as public institutions.

ges



Modern Fitness
Photograph :— National Fitness Council, 1938

At these institutions, the candidates for the Public Games received their training. The prizes given at these Public Games were called *athla*, and this gave rise to the term *athlete* as representing a competitor. The contests included boxing, wrestling, putting the weight, sprint races, etc.

The ancient Romans also had their public Gymnasia, but, unlike the Greeks, they did not encourage physical training as an essential part of the cultural or educational system. The average Roman enjoyed the Games, however—but as a spectator rather than as a competitor. Indeed it was considered *infra dig.* for any well-bred citizen to appear in public in the role of competitor. Nero's prestige suffered considerably because he so far lowered himself as to compete in the Games as a Musician and Actor !

But the Roman Circus was, nevertheless, the fashionable resort of all classes, and their Games were the social event and fashion parade of our Ascot combined with the widespread attractions of a Wembley Stadium. According to reliable historians the Circus Maximus provided seating accommodation for over 350,000 spectators.

As with the Romans, so with succeeding empires, national physical training became neglected, and bodily strength and fitness suffered a decline from which the nations have never properly recovered. It is true in mediæval times in England military sports, jousts, etc., were held in popular favour, and various forms of public contest were inaugurated to exhibit feats of skill in horsemanship, swordsmanship, archery, etc., but these were designed primarily to encourage efficiency in military training, and not to teach the therapeutic value of physical exercises. Indeed in the reign of Edward III football* had become so popular as a national game that an ordnance was made against it on the grounds that it threatened to oust archery as the chief and "useful" pastime of the common people ! Archery seems to have been the backbone of the National Keep Fit Campaign of the middle ages. An Act of Parliament of Edward IV ordained that every Englishman must have a bow of his own height, butts were to be erected in every town and village, and a fine of one halfpenny was to be imposed upon anyone who neglected to use his bow !

This State encouragement caused Archery to continue as a fashionable

**This was a game rather more like Rugby than our Association Football. It was copied from the Romans.*

DISPENSING

A Matter of Confidence

IN fighting for the speedy recovery of the sick your confidence must rest no less in the unfailing accuracy of the chemist who prepares the medicine your physician prescribes, than in the skill and knowledge of your physician himself.

By taking your prescriptions to any of our branches that confidence cannot be misplaced. For not only is there, at every one of our dispensaries throughout the country, a fully qualified chemist who personally supervises the dispensing of all medicines, but also the ingredients he has at his disposal are of the finest possible quality.*

This we ensure by subjecting all ingredients to rigorous examination and testing in our own analytical laboratories before they are passed for distribution to our pharmacies. By these means we ascertain that their strength and potency are of the standards demanded by the British Pharmacopœia, for it is upon these standards that your physician depends when he makes out your prescription.

It is by taking such precautions in the interests of health that we have built up our reputation for Faithful and Accurate Dispensing over more than half a century.

BRING YOUR PRESCRIPTIONS TO US

**All branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.*

FITNESS THROUGH THE AGES—cont.

amusement long after the bow and arrow had ceased to be used in warfare.

It was probably Pestalozzi, the Swiss reformer, who first, in modern times, drew attention to the serious danger nationally of neglecting instruction in physical training. In the opening years of the 19th century he urged upon his generation the necessity for embodying such training as an essential part of the educational system. And of modern nations it was perhaps the Germans who first began to seriously encourage physical fitness and military prowess in the schools.

Strange as it may seem, it was not until the end of the nineteenth century that gymnastics were recognised in England as anything other than a pleasant form of recreation; and it is only in very recent years that we have awakened to the necessity of training the young body as systematically as we train the young mind, in an endeavour to recover the national fitness that was once the pride of the ancient races from whom we sprang.

CANCER

JULY						
SUN. ..	⊕	2	9	16	23	30
Mon. ..	⊕	3	10	17	24	31
Tues. ..	⊕	4	11	18	25	⊕
Wed. ..	⊕	5	12	19	26	⊕
Thurs.	⊕	6	13	20	27	⊕
Fri. ..	⊕	7	14	21	28	⊕
Sat. ..	1	8	15	22	29	⊕

LUCK
OF THE MONTH

ALTHOUGH not so ideally lucky as June, July is still a fortunate, and a popular month for weddings.

. . .

THE month, for Astrological purposes, commences on 21st June, when the sun enters the zodiacal sign CANCER, and ends on 21st July. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 26th June, and commences to weaken about 16th of the month.

. . .

THOSE born in this month are usually somewhat timid and reserved, and very sensitive. Yet they seem to delight in making themselves conspicuous, and will adopt unorthodox fashions in dress, or assume some odd pose, or cultivate some strange mannerism, all to make themselves prominent, even though they are too shy to stand openly in the limelight.

They are unstable and irresolute, changeable and moody in temperament, yet they usually possess a droll humour that makes them attractive in company. They have a keen intellect and quick discernment, sound aesthetic taste and good judgment, yet with it all they rarely achieve pronounced success because they lack a sense of right proportion. They spoil most of their good work by their impatience, and lose good friends by their blustering. But they are capable of great things if they can once learn *stability*.

LUCKY STONE—*Agate*, if born before 21st; *Ruby*, if later.

PLANET—*The Moon*, if born before 21st; *The Sun*, if later.

LUCKY COLOURS—*Green*, *cream* and *fawn*, if born before 21st; *orange* and *gold*, if later.

LUCKY NUMBER—2. (See also page 62—Numerology.)

MARRIAGE PROSPECTS. Although devoted lovers, fond parents, and possessing an instinctive love for the home, July people rarely enjoy perfectly harmonious married life. They are charming to outsiders, but are so frequently moody in the home and call for considerable tolerance and patience on the part of the marriage partner. They are usually best matched with those born in either November or March.

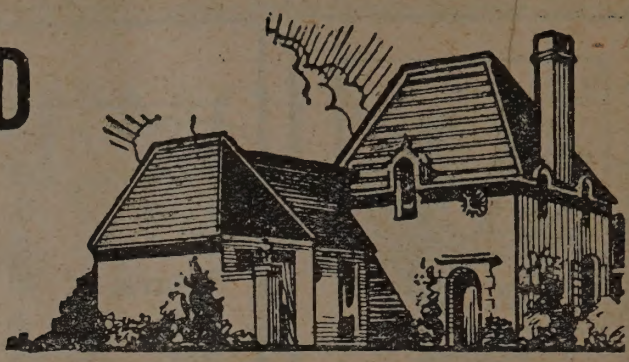
HEALTH. The digestion is inclined to be weak and if unduly taxed may give rise to gastric troubles. Extreme care should be taken with tinned foods. Fermenting foods and intoxicating liquors should be avoided. Minor kidney affections may also be present; otherwise constitution is quite sound.

The chief British towns supposed to come under the special influence of **Cancer** *are Manchester, Rochdale and York.*

THE GODDESS FORTUNE

As depicted by the ancients. She was blind and strewed her gifts indiscriminately on all sides.

HOUSEHOLD HINTS



Vinegar Stains that have been allowed to dry on linen may be removed by boiling the article in soapy water to which a dessertspoonful of borax has been added.

Polishing Mirrors. Mirrors and the glass of picture frames should be rubbed over occasionally with tissue paper. This will remove all smear marks and leave a high lasting polish.

Piano Keys should never be washed with water. Rub them over with a cloth damped with methylated spirits, polishing afterwards with a chamois cloth.

Smoky Ceilings. Add a little alum to the whitewash when going over a smoky ceiling.

Falling Soot. If, as sometimes happens, soot should fall on the carpet, well cover it immediately with dry salt: it can then be swept up without leaving a stain.

Washing Glasses. Glass and crystal ware will finish much brighter if a little borax is added to the washing water.

Continued on page 38

FAIRY DYES
For all HOME DYEING
34 BEAUTIFUL SHADES
2d. EACH

PARKES
IMPROVED
SLIMMING TABLETS
Will help you to Slimness with Safety
PER BOX 2/-, 3 FOR 5/6, TRIAL SIZE 1/-

Also Slimming Bath Salts (Perfumed) 6d. per packet. 6 packets for 2/6

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

LEO

AUGUST

SUN. ..	⊕	6	13	20	27	⊕
Mon. ..	⊕	7	14	21	28	⊕
Tues. ..	1	8	15	22	29	⊕
Wed. ..	2	9	16	23	30	⊕
Thurs.	3	10	17	24	31	⊕
Fri. ..	4	11	18	25	⊕	⊕
Sat. ..	5	12	19	26	⊕	⊕

LUCK
OF THE MONTH

AUGUST is a fortunate month for weddings. It is thought to promise sound vitality and long life in the children.

. . .

THE month, for Astrological purposes, commences on 22nd July, when the sun enters the zodiacal sign LEO, and ends on 22nd August. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th July, and commences to weaken about 17th of the month.

. . .

THOSE born in this month are forceful personalities possessing great courage and determination, and considerable strength of character. Self-reliant and assertive themselves, they have no patience with weakness or fr ilty in others; and although good-natured and sympathetic at heart, they tend to shun the feeble and turn instinctively towards the strong. They detest half-measures in anything: all things must be done well. In goodness or in vice they "go all the way," and when they do wrong they will take no pains either to conceal or excuse their wrongdoing.

They make good business men, and are usually prominent in public affairs. They are generous to a fault, but are careless in money matters, and are easy prey to the "Confidence Trickster."

LUCKY STONE—*Ruby*, if born before 22nd; *Sardonyx*, if later.

PLANET—*The Sun*, if born before 22nd; *Mercury*, if later.

LUCKY COLOURS—*Orange, gold, etc.*, if born before 22nd; *Light Brown and Beige*, if later.

LUCKY NUMBER—1. (See also page 62—Numerology.)

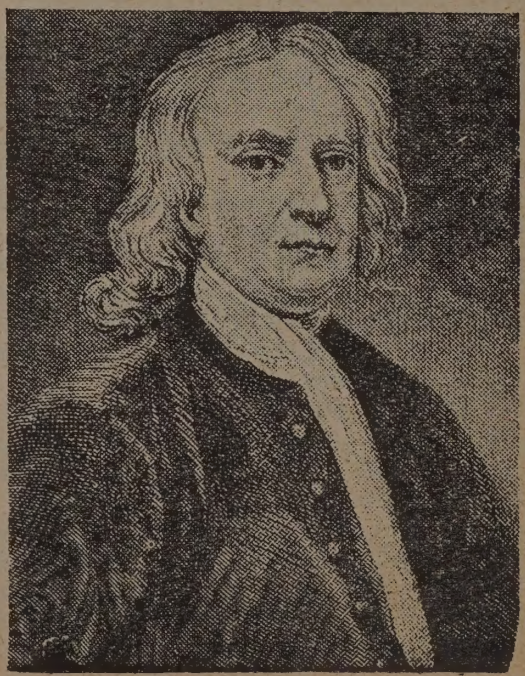
MARRIAGE PROSPECTS. August born people make good husbands and wives, especially if they are linked with a partner who is ambitious and helpful, and of a spirited wit on which they can sharpen the keen edge of their own. They are usually best matched with those born in either April or December.

HEALTH. The vitality generally is good, but overstrain and worry may give rise to blood pressure. Sudden spurts of energy (especially immediately after a meal), should be avoided. The head passages should be kept clear, or there may be danger of mastoid, adenoids, etc. Catarrh is almost invariably present; and asthma may result if the health be neglected.

The chief British towns supposed to come under the special influence of **Leo** *are—Blackpool, Bristol, Portsmouth, Taunton and Bath.*

Sir ISAAC NEWTON

The famous Scientist was a keen student of Astrology and devoted serious study to the influence of the stars.



HOUSEHOLD HINTS—*cont.*

Vacuum Flasks. To cleanse a vacuum flask, half fill with warm water in which has been dissolved about a teaspoonful of bi-carbonate of soda, and shake thoroughly.

Aluminium Ware should be cleaned with soap and water only. Never use soda.

Frosting a Window. Dissolve in hot vinegar as much Epsom Salts as it will take, and apply this to the window. When dry, paint over with a coat of white varnish. This "frosting" will last for years.

Peeling Ceilings. If the whitewash on the ceiling tends to peel off, dissolve an ounce of alum in a quart of water and apply this solution with a soft-bristled brush.

Bathroom Walls. If your bathroom has painted walls, they may be protected from the effects of steam, and be given a good lasting polish, if rubbed over with a little olive oil.

Embroidery Hint. When working, keep your silks between the pages of a closed book with the ends of the hanks protruding. This will prevent them from entangling, and the various colours are easy to select.

Cleaning Chromium. Chromium plated articles should never be cleaned with metal polish or strong chemicals. Use only a soft cloth wrung out of soapy water.

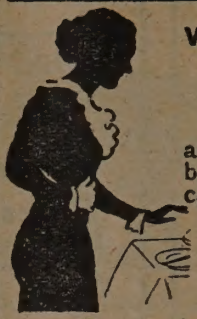
The same treatment applies to all stainless steel articles.

Cleaning Brass. Brassware that has been cleaned with metal polish will be given a brighter shine if polished afterwards with a soft rag dipped in powdered starch.

Tiled Floors. If your kitchen is tiled, try cleaning with paraffin instead of soap and water. The tiles will remain clean much longer.

Electric Cookers. The hot plates in an electric cooker must be kept clear of rust or they will be ineffective. To prevent them from rusting rub over occasionally with a little olive oil.

INDIGESTION



WHAT MISERY IS CAUSED BY FAULTY DIGESTIVE ORGANS!

Not only do you suffer those awful pangs, but your whole body is undernourished, because you are not getting full nutriment from your food.

We urge you to take steps without delay to remedy this condition. De Witt's Antacid Powder *will* give immediate relief. It also remedies the cause of your trouble, so that after a course you have lost those agonising pains, for your stomach is toned up and you get no return of excess acidity. Life again appears bright. You are enjoying and getting the full value from your food as nature intended.

A large canister costs but 1/6. Double size 2/6. Be sure you get the genuine—

DE WITT'S ANTACID POWDER

MORE THAN TWICE AS STRONG AS PURE LYSOL

KUTISOL ANTISEPTIC

Formulated on latest scientific discoveries, it is invaluable where a powerful yet perfectly safe antiseptic is needed.

Per bottle 10½d. and 2/9.
Per gallon 11/6.

From Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

NON-TOXIC
NON-CORROSIVE
NON-IRRITATING
HIGHLY GERMICIDAL

VIRGO

SEPTEMBER

SUN. ..	⊕	3	10	17	24	⊕
Mon. ..	⊕	4	11	18	25	⊕
Tues. ..	⊕	5	12	19	26	⊕
Wed. ..	⊕	6	13	20	27	⊕
Thurs.	⊕	7	14	21	28	⊕
Fri. ..	1	8	15	22	29	⊕
Sat. ..	2	9	16	23	30	⊕

LUCK
OF THE MONTH

SEPTEMBER is a fortunate month for weddings, especially the 1st, 9th, 16th, 18th and 28th of the month.

THE month, for Astrological purposes, commences on 22nd August, when the sun enters the zodiacal sign VIRGO, and ends on 22nd September. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th August, and commences to weaken about 17th of the month.

SEPTEMBER'S children are of a practical, even, matter-of-fact nature, with no wild enthusiasms and few extremes of character. They like life to proceed in a steady rhythm and quiet, ordered sequence. They have a mania for system and harmony, and detest to see anything that is, in their opinion, out of place.

Their habits are regular and temperate, but they are prosaic and inclined to be somewhat unromantic. They do not like mystery in anything, and always strive to discover a practical explanation of things. But they are usually happy, for they possess a natural aptitude for blending harmoniously with conditions, and can discover contentment with their lot, whatever it may be. Yet, despite this fact, they are often grumbling!

LUCKY STONE—*Sardonyx*, if born before 22nd; *Chrysolite*, if later.

PLANET—*Mercury*, if born before 22nd; *Venus*, if later.

LUCKY COLOURS—*Light brown, beige, etc.*, if born before 22nd; *blue and violet*, if later.

LUCKY NUMBER—5. (See also page 62—Numerology.)

MARRIAGE PROSPECTS. Those born in this month make good husbands and wives, for they are stable, methodical and practical; but they need a partner who is determined and ambitious, to prevent them "getting into a rut." Women born in September incline to be a little too house-proud, to the point of becoming an obsession.

HEALTH. September's children really enjoy very sound health—*but they will never believe it!* They imagine they have any complaint they happen to read about, and often make themselves ill through *fear*. Yet if they will only "let well alone" they have a perfectly sound and healthy constitution.

The chief British towns supposed to come under the special influence of **Virgo** *are Cheltenham, Bury, Reading, Norwich and Maidstone.*

HOROSCOPE OF QUEEN ELIZABETH

Born at 2.26 p.m., 7th Sept., 1533. The Horoscope indicates many remarkable tendencies that were borne out by her life's story.

IN YOUR GARDEN

OUR first consideration when we come to set out our garden will naturally be to prepare the ground for whatever it is we propose to cultivate. Let us then, briefly review the different types of soil we may expect to find and consider the best way in which we may correct the little minor faults that exist in them.

Loamy soils are, of course, the ideal type of garden soil. If you find yourself with this kind of garden, you are lucky. Sandy soils are apt to get very dry in summer. Avoid horse manure here, and apply clay or lime every other year. Peaty soils are usually sour; a little lime will usually correct this, but if you find the soil unduly wet, drainage is necessary. Clayey soils should be regularly trenched. And give them plenty of fresh horse manure, sweepings, wood ashes, etc., to make the soil porous. Lime should be applied every three or four years.

WEEDS IN PATHS

This is a source of endless irritation to some amateur gardeners. Yet it is easily corrected. The best weed-killer for this purpose is Chlorate of Soda. It is easy to apply while at the same time is non-poisonous to man or to domestic animals. Take about a quarter or half pound of Chlorate of Soda and mix into a solution with two gallons of water. Soak this well into the path by means of a rose watering-can or syringe. Be careful to thoroughly cleanse the utensils after use, however; and avoid getting the solution on your clothing, because Chlorate of Soda renders cloth and wood highly inflammable.

PATCHY LAWNS

This is another very common source of irritation to the average gardener. But an excellent lawn sand, that will

(*Continued on page* 42)

Words of Wisdom. . .

PREVENTION is better than cure.

A STITCH in time saves nine.

TONSILITIS and Sore Throat Tablets taken at the first signs of sore throat prevent the development of serious complications.

TONSILITIS and SORE THROAT TABLETS

Per bottle 1/3

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

SPEED *IS THE KEYNOTE OF MODERN LIVING!*

For keeping you tuned-up to the fast pace of life to-day nothing betters Magors Tonic Tablets. Under natural conditions your food would provide those elements upon which you depend for your health and vigour; but under the strain of modern living these elements are often used up faster than they can be supplied, and the resulting deficiency produces a low state of health which may make itself apparent in a variety of ways—through listlessness, nervous prostration, sleeplessness, loss of appetite, low spirits, brain fag, insomnia, etc. MAGORS TONIC TABLETS definitely correct this condition by providing, in a form that is easily absorbed by the system *even during convalescence*, **an** *extra supply* **of all those elements which are essential to vigorous health, and thereby enable you to meet the exhaustive demands of modern life. They may be taken freely by children and adults and are also of particular value in increasing resistance to illness during convalescence.**

MAGORS TONIC TABLETS

Per bottle of 36 tablets 1/3. 108 tablets 3/-.

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

LIBRA

OCTOBER						
SUN. ..	1	8	15	22	29	⊕
Mon. ..	2	9	16	23	30	⊕
Tues. ..	3	10	17	24	31	⊕
Wed. ..	4	11	18	25	⊕	⊕
Thurs.	5	12	19	26	⊕	⊕
Fri. ..	6	13	20	27	⊕	⊕
Sat. ..	7	14	21	28	⊕	⊕

LUCK
OF THE MONTH

OCTOBER is not considered an ideal month for weddings, but the 15th, 17th, 27th and 29th are thought to be lucky days.

. . .

THE month, for Astrological purposes, commences on 22nd September, when the sun enters the zodiacal sign LIBRA, and ends on 22nd October. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th September, and commences to weaken about 17th of the month.

. . .

OCTOBER'S children are of a very shrewd and steady character, possessing keen insight and wide powers of discrimination. They are not easily deceived, either by trickery or flattery, for they can see things from every angle and are capable of forming a well-balanced judgment. For this reason they make excellent lawyers and judges.

They will not depart from the right path, even for a friend; and although they are well qualified to advise, their advice is rarely taken *because it is too unbiassed*! But they are valued friends in the hour of need.

Those born in this month are often possessed of so-called "second sight," although they rarely treat it seriously.

LUCKY STONE—*Chrysolite*, if born before 22nd; *Opal*, if later.

PLANET—*Venus*, if born before 22nd; *Mars*, if later.

LUCKY COLOURS—*Blue, violet, etc.*, if born before 22nd; *crimson and purple*, if later.

LUCKY NUMBER—6. (See also page 62—Numerology.)

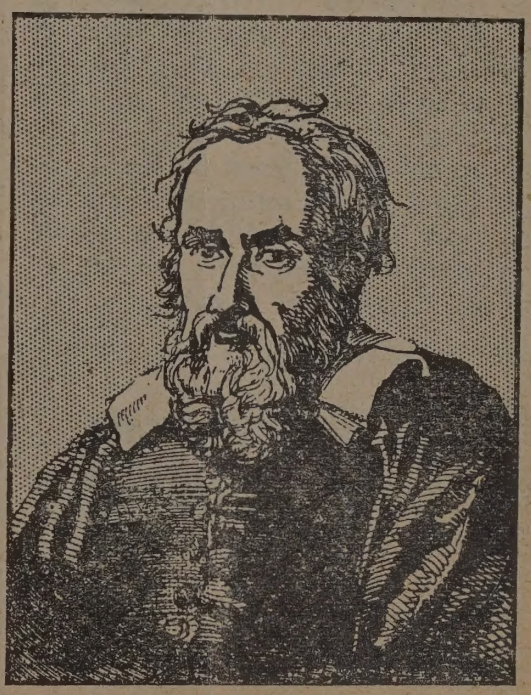
MARRIAGE PROSPECTS. October's children make good husbands and wives, for they are steadfast and true under any conditions or circumstances. Women born in this month make good housewives and excellent companions, and their intuition is a boon to their husbands in his business affairs if he will only confide in them. October people are usually best matched with a partner born in either February or June.

HEALTH. The kidneys and liver are usually the main sources of weakness with those born in this month. They should cultivate regular habits, and get plenty of fresh air and natural exercise—*but protect themselves around the waist from the danger of chills.*

The chief British towns supposed to come under the special influence of **Libra** *are Leeds, Nottingham and Middleton.*

GALILEO

Was persecuted by the Spanish Inquisition for teaching what are now universally accepted Astronomical truths.



FOUND

THE SUREST WAY OF REGAINING ENERGY AND VIGOUR THAT HAS BEEN

STOLEN

AWAY BY THE

MOST RUTHLESS

THIEF

OF EVERYBODY'S HEALTH

In nine cases out of ten, loss of vitality and lack of interest in life are due to the ravages of constipation. But this arch-enemy of good health is not invulnerable, and the way to his defeat has been made clear. Without any discomfort or undesirable after-effects, chocolate-coated CHOCOLOIDS will banish constipation from your system. They are pleasant to take, purely vegetable in composition, and achieve their result by stimulating natural action in such a way that soon they are no longer required. Start a course of Chocoloids to-day.

Per tin, 1/3 and 2/6

CHOCOLOIDS

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

IN YOUR GARDEN—*continued.*

clear the lawn of weeds and moss while at the same time stimulating the growth of grass, may be prepared by mixing together five parts of fine sand with three parts of Sulphate of Ammonia and two parts of Sulphate of Iron. Mix these very thoroughly in as finely ground a state as possible, and apply in the proportion of 4 ozs. to the square yard of lawn. The mixture should be applied in good weather, as heavy rains, on the one hand, or prolonged drought on the other, will tend to spoil its action.

FERTILISING

Many amateur gardeners are apt to think that fertilising the garden means merely obtaining a load of manure and mixing this well into the soil. In actual fact, however, it means very much more than that. Manuring should be carried out intelligently, with a conscious understanding of the purpose it serves and the manner in which the soil is enriched by the elements imparted into it.

There are four main elements upon which plant life depends for its sustenance: Phosphates, Nitrogen, Potash and Lime. Our aim in manuring is to ensure that the soil is enriched with these four elements in just the correct proportions.

Phosphates assist chiefly in bringing the plant to maturity. Such crops as turnips, carrots, and parsnips, also fruit trees, demand adequate supplies of this element. Potash aids such crops as potatoes, beetroot, etc., to produce their sugar and starch, while Nitrogen stimulates growth in the leaf and stem, and promotes vigorous development above the ground. Although Lime is not strictly speaking a manure, its presence in the soil is essential to the correct action of the other three, and if there is a shortage of Lime the soil will almost certainly be sour.

For advice on the best fertilisers for various kinds of crops, consult our free booklet: "Fertilizers, Artificial Manures, etc." which may be obtained at any of our branches.

SCORPIO

NOVEMBER						
SUN. ..	⊕	5	12	19	26	⊕
Mon. ..	⊕	6	13	20	27	⊕
Tues. ..	⊕	7	14	21	28	⊕
Wed. ..	1	8	15	22	29	⊕
Thurs.	2	9	16	23	30	⊕
Fr. ..	3	10	17	24	⊕	⊕
Sat. ..	4	11	18	25	⊕	⊕

LUCK
OF THE MONTH

NOVEMBER is considered to be a fortunate month for engagements, more especially the 5th, 11th, 13th, 22nd and 25th.

THE month, for Astrological purposes, commences on 22nd October, when the sun enters the zodiacal sign SCORPIO, and ends on 21st November. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th October, and commences to weaken about 17th of the month.

NOVEMBER'S children are, of all types, the most difficult to classify, for they are governed more by their emotions than their judgment, and it is almost impossible to foretell how they will react to given conditions. Indeed, it is doubtful if they know themselves, for they often respond to a sudden impulse that may sweep them off their feet and change the whole trend of their lives.

Once they have learnt to control their emotions they are capable of the greatest achievements, for they possess tremendous force and wonderful ability. They make excellent clergymen, philosophers and orators; and if they do not turn to religion as an outlet for their gifts, they may usually be found in the forefront of social workers, championing the cause of the weak or downtrodden.

LUCKY STONE—*Opal*, if born before 22nd; *Topaz*, if later.

PLANET—*Mars*, if born before 22nd; *Jupiter*, if later.

LUCKY COLOURS—*Crimson, purple, etc.*, if born before 22nd; *violet*, if later.

LUCKY NUMBER—9. (See also page 62—Numerology.)

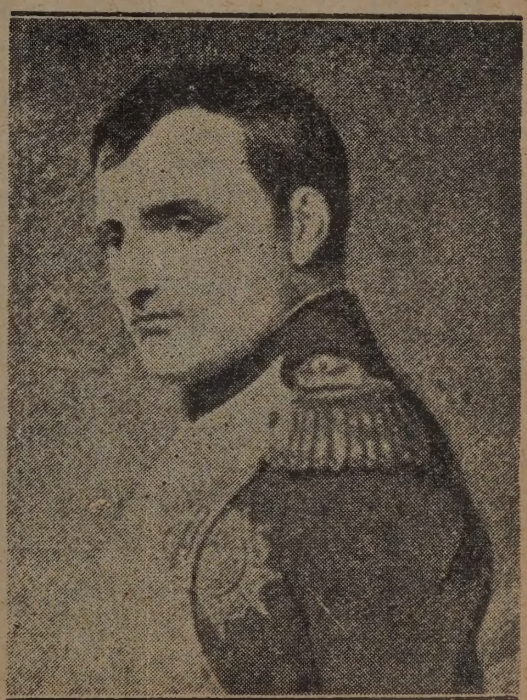
MARRIAGE PROSPECTS. In this respect again it is almost impossible to foretell the conditions that may obtain in the life of the November born. They are capable of very strong and deep affection, and when they are of the stable emotional nature, their marital happiness is assured. They are usually best matched with a partner who is of a reserved and retiring nature, but somewhat "fiery."

HEALTH. Those born in this month are liable to minor trouble with the lower organs, kidneys and bladder. They should be careful in their diet and avoid over-indulgence in any form. In later life there may be a tendency to stoutness, and care should be taken not to overstrain the heart by fits of sudden, violent exercise.

The chief British towns supposed to come under the special influence of **Scorpio** *are Liverpool, Hull, Newcastle, Stockport, Halifax, Glossop, Dover and Worthing.*

NAPOLEON

The Man of Destiny knew his own star; and he always consulted an ancient oracle before engaging in any battle or signing any treaty.



After illness and in all Run-down Conditions you need a good Tonic

HALL'S WINE

Supreme Tonic Restorative Recommended to build up and maintain strength.

3/3 & 5/6

790

DIGESTION

- - starts in the mouth

The food you eat may be divided into three classes, carbohydrates, proteins and roughage. Carbohydrates, such as bread and potatoes, form the bulk of our food and should be very thoroughly masticated, because the juices necessary for their digestion are contained in the saliva with which these foods should be well mixed before being swallowed. The reason you should not drink with meals is that any fluid taken with meals reduces the strength of the digestive power of the saliva. The digestive juices for carbohydrates must be alkaline, that is why Moorland Indigestion Tablets, which are alkaline, slowly dissolved in the mouth, help to digest bread, pastry and potatoes before they reach the stomach.

Moorland Brand Indigestion Tablets are famous the world over for relieving indigestion, heartburn, acidity and all stomach troubles. Take two Moorland Tablets after meals and eat what you like and enjoy it.

Remember to ask for Moorland Brand Indigestion Tablets, the world-famous remedy for all stomach troubles. Obtainable at all chemists. 7½d. carton of 50 tablets—1/3 flat pocket tins 110 tablets.

No proprietary rights claimed other than Trade Mark.

Buchan's Cold Spells

The cold and warm periods calculated by the meteorologist, Buchan, have been tested over a considerable number of years, and experience has shown that they are generally reliable. Our readers will doubtless find it useful to be able to consult this table when arranging for holidays, sports events, etc. Here, then, are both the cold and warm periods in the order of the months :—

Feb. 7th to 10th ..	Cold period
April 11th to 14th ..	Cold period
May 9th to 14th ..	Cold period
June 29th to July 3rd	Cold period
July 12th to 15th ..	Warm period
Aug. 6th to 11th ..	Cold period
Aug. 12th to 15th ..	Warm period
Nov. 6th to 12th ..	Cold period
Dec. 3rd to 9th ..	Warm period

MIDGLEY'S

ANTI-GRIPPE

for INFLUENZA, FEVERISHNESS, COLD-IN-THE-HEAD, etc.

A most effective preventive and a reliable cure for influenza and all kindred ailments. Anti-Grippe is also a valuable brain and nerve tonic.

★

1/3, 2/6 *and* **4/6** *per bottle.*

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

SAGITTARIUS

DECEMBER						
SUN. ..	⊕	3	10	17	24	31
Mon. ..	⊕	4	11	18	25	⊕
Tues. ..	⊕	5	12	19	26	⊕
Wed. ..	⊕	6	13	20	27	⊕
Thurs.	⊕	7	14	21	28	⊕
Fri. ..	1	8	15	22	29	⊕
Sat. ..	2	9	16	23	30	⊕

LUCK
OF THE MONTH

DECEMBER is a lucky month for weddings, especially if the ceremony takes place during a snowstorm.

THE month, for Astrological purposes, commences on 22nd November, when the sun enters the zodiacal sign SAGITTARIUS, and ends on 21st December. If your birth occurred very near to either of these dates, some modification of the undermentioned characteristics may be discovered, since the sun's radiation does not gain the full strength of the sign until about 27th November, and commences to weaken about 16th of the month.

DECEMBER'S children are usually very active and enterprising, bold and intrepid in both thought and action, and determined to the point of stubbornness. They possess a keen intellect, and a sound sense of true values, so that they are not easily imposed upon. They make good business men, but are a little too outspoken and "blunt." This trait in their characters sometimes loses them valued and influential friends.

They delight in a battle of wits, but are often rather ruthless in argument, and too impatient of another's viewpoint. But they are good company, and seem to fit in easily with any circle or society.

They are untiring workers, but should always be encouraged to feel that full reliance is placed upon them.

LUCKY STONE—*Topaz*, if born before 21st; *Turquoise*, if later.

PLANET—*Jupiter*, if born before 21st; *Saturn*, if later.

LUCKY COLOURS—*Violet, purple, etc.*, if born before 21st; *Black*, if later.

LUCKY NUMBER—3. (See also page 62—Numerology.)

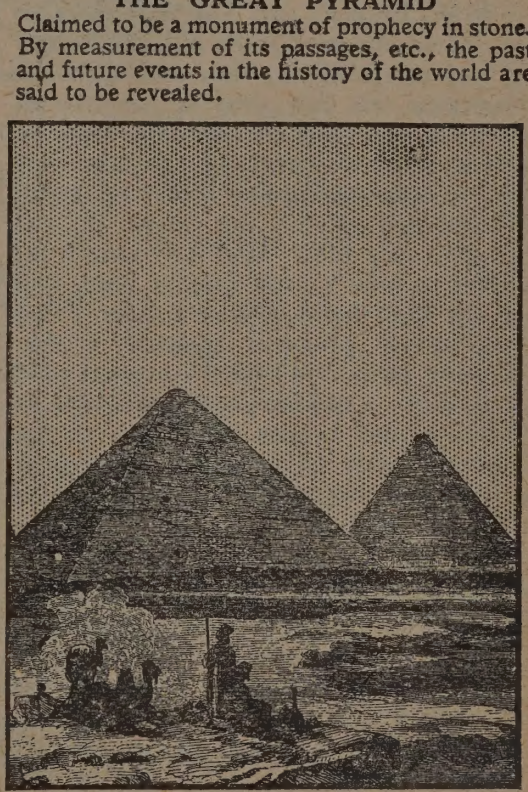
MARRIAGE PROSPECTS. December's children make loyal and true husbands and wives, but they need to be understood, for they often have a habit of saying and doing irritating little things that they know will annoy, just for the fun of ragging! And this sometimes leads to a wholesome row if the marriage partner cannot take it! They are usually best matched with those born in either April or August.

HEALTH. The constitution is generally very strong, but there is a tendency to rheumatic complaints. Overheating of the blood and skin affections are other minor ailments to which December born people are liable. A natural inclination for outdoor sports usually keeps them fit, however.

The chief British towns supposed to come under the special influence of **Sagittarius** *are Sheffield, Bradford, Sunderland and West Bromwich.*

THE GREAT PYRAMID

Claimed to be a monument of prophecy in stone. By measurement of its passages, etc., the past and future events in the history of the world are said to be revealed.



You AND YOUR Complexion

THE English girl has a reputation on the Continent for the delicate beauty of her complexion ; but although she possesses this fair skin as her natural heritage, she finds it necessary, with the advance into womanhood, to take due care to *maintain* that first bloom of youth, —especially under the stress of our modern city life. And it is surely far better to take a little care of your skin all the time than to realise suddenly that your most priceless treasure is fast slipping away ? There is no royal road to beauty : a sudden desperate course of massage and beauty treatment at the eleventh hour will never restore what has once been wantonly sacrificed through neglect.

Do not run away with the idea that there is any special virtue in neglecting to use aids to beauty. There is nothing clever or commendable in a shiny nose : it is just plain ugly, and Nature never meant you to be ugly.

Neither be misled into the belief that the use of make-up and cosmetics is essentially a modern vogue. On the contrary, women throughout all ages of history have employed these aids to beauty. The ancient Assyrians and Babylonians, the Egyptians, and even the women of Biblical times, all employed some form of make-up to increase and preserve their charms. Among the ancient Babylonians cosmetics were in great demand : and these highly advanced people even rubbed their skin with pumice stone to give it a more delicate smoothness ; while they applied to the eyelids and the corners of the eyes a preparation of antimony (somewhat similar to the Egyptian *kohl*) to make them appear larger and more brilliant.

Every girl owes it to herself to look her best, always, and to neglect no opportunity to *enhance* her natural charms. Her personality depends upon it ; her own inner sense of happiness and well-being depend upon it. If she *knows* she looks well, she feels ' on top of the world,' and that sense of well-being will be reflected in all her associations.

Now, the art of make-up is a purely personal one. The old adage " Know Thyself " applies as forcibly in this as in other aspects of life. What is ideal for Jane may not suit the particular person-

Continued on page 49.

Stahls

FOR BEAUTY'S SAKE

Stahls COLD CREAM ..... 1/- *and* 1/6 *per jar.*
Stahls VANISHING CREAM ..... 1/- *per jar.*
Stahls ALMOND and BENZOIN CREAM .. 1/- *and* 1/9 *per bottle.*
Stahls COMPLEXION MILK .. 1/- *and* 1/9 *per bottle.*
Stahls CLEANSING CREAM .. 1/-, 1/9 *and* 3/- *per jar.*
Stahls TALCUM POWDER .....1/3 *per tin.*
Stahls EYE LUSTRANT LOTION..1/6 *per bottle.*

For Men

Stahls TONIC HAIRDRESSING .. 1/6 *per bottle.*
Stahls SHAVING STICK. In black bakelite container 1/- *each.* (*Refills 9d. each.*)

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

EXPERIENCE *is an* INGREDIENT *of these superb* TOILET SOAPS

Sandalwood
Eau de Cologne
Lavender
Cucumber and Glycerine
Lilac
Verbena

2d. per tablet
1/9 per dozen

Verbena
Eau de Cologne
Lavender
Castile
Witch Hazel
Jasmine
White Gardenia
Palm and Olive
Coal Tar
"Capora" Toilet Carbolic

3d. per tablet
2/9 per dozen

BATH TABLETS
Verbena
Lavender
Lilac
Eau de Cologne
Sandalwood
Boracic Oatmeal

4d. per tablet
3/8 per dozen

Pavoline Medicated Soap, Containing Ichthyol.

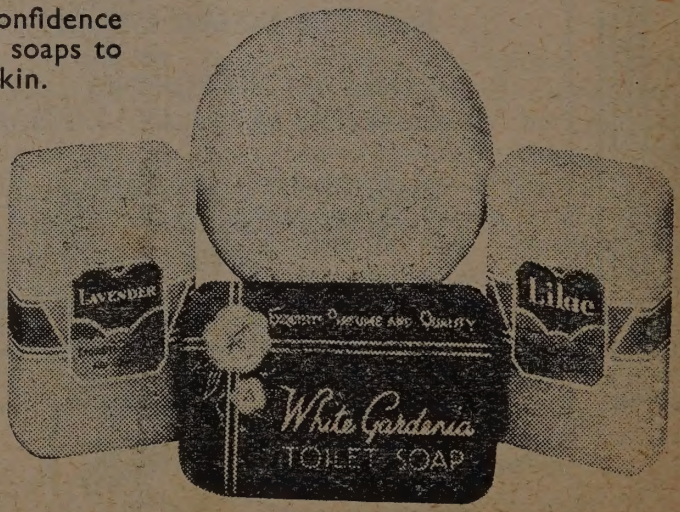
6d. and 1/- per tablet

THE experience that goes into the making of every tablet is just as much an ingredient of our toilet soaps as are the finest selected oils and the fragrant perfumes which they contain ; for of what avail are the finest of ingredients without expert skill and knowledge in their blending ?

It is our experience—acquired from years of experiment, from a perpetual striving after perfection and from the determination to produce a soap of the finest quality—which has convinced us that only expert blending and *extra* milling can achieve the result we obtain *—a toilet soap worthy of the most delicate complexion* !

It is therefore with complete confidence that we recommend our toilet soaps to all who seek after a beautiful skin.

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.



ality of her sister. For example, in the matter of face powder if you are fair you should choose a *Flesh* powder; only brunettes should use *Rachel.* While a delicately tanned or sunburned skin may be made to look perfectly lovely with *Peach.*

But whatever powder you employ, you won't get the best results, and, indeed, you won't get it to stay on, unless you prepare your skin beforehand to take it. At night, before you retire, thoroughly cleanse the skin with lukewarm water and a good complexion soap. Having done this, apply a little Stahl's Cold Cream to the forehead, cheeks, nose and chin, and gently coax into the skin with the tips of the fingers, blending away from the centre of the face until the cream seems to disappear. This will both soften the skin and cleanse it of impurities. Then the following morning (and always during the daytime) use Stahl's, or any other reliable Vanishing Cream, as a base for your powder. This is quite the best thing. Never *rub* powder on the face, however. Dust it on gently with a puff, commencing with the chin, then the cheeks and nose, and finally the forehead. But take care afterwards to remove all traces of powder from the eyelashes and eyebrows.

Now a word of warning here with regard to the eyebrows. Do not be too hasty to pluck them. Many girls make the mistake of plucking their eyebrows —because they see it is fashionable with some famous film stars—without considering whether it is suitable to their own particular type of features. If you have full lips, you want fairly heavy eyebrows, not a thin line.

It is perhaps unnecessary to remind our readers that great care should be exercised in the choice of a toilet soap. A delicate skin may quickly react to some unsuitable ingredient in a soap; therefore, if you discover one brand is unsuitable to your complexion, change the soap immediately. If the skin is greasy, it will usually be found that oatmeal, used instead of soap for a time, will cure the trouble. For pimply skins Boric Acid is an excellent cleanser.

Freckles are a source of endless worry to some girls. If you are troubled with these, bathe the face in the juice of a cucumber last thing before retiring, and leave it on all night. Freckles will usually yield to this treatment.

But do not forget: all these aids to beauty, and all the cosmetics on the market, will not avail you anything if you fail to do your part. You *must* get plenty of fresh air, light natural exercise, and healthy restful sleep. Your complexion was bestowed upon you by Nature as a boon heritage: you must assist Nature to preserve it.

MASONS

SYRUP of HYPOPHOSPHITES

A splendid "Pick-me-up" after illness and in all cases of debility.

10½d., 1/6 and 2/9 per bottle.

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

Taking Care of BABY

IT is absolutely essential that the young baby should have as much fresh air as possible. As soon as you are able, during the warmer weather, put him in his pram out of doors, *and leave him there*, bringing him in only at meal times.

In the cooler weather see that baby is warmly wrapped, and that he is well protected from winds. Place the pram in a sheltered position, and do not leave him out of doors for more than an interval of, say, an hour at a time. It will, of course, be well to place a hot-water bottle in his pram during the colder weather; *but do not forget to ensure that the water bottle is covered*, as during his wriggling, baby's limbs are almost certain to come into contact with it at some time or other.

In the matter of clothing, although it is of the utmost importance that baby's clothes should be adequate to protect him from the danger of chills, yet they should be sufficiently loose to allow perfect freedom to his limbs. Avoid all tight strings at the wrists and neck (a common fault with inexperienced mothers) and close bindings about the waist. These strictures interfere with the circulation and are liable to affect natural growth.

Baby needs his playtime just as much as any other kind of exercise. Indeed, to the very young baby this is the main form of exercise to develop and strengthen the chest and limbs. At some time during the day, place him (freed from all clothing) in the centre of a large rug over which you have covered a folded blanket, and let him gurgle and kick away as much as he likes. This exercise will do him a world of good. Make certain that the room is warm, that the position chosen is well out of draughts, and that it is not *too* near to the direct heat of a fire.

CREAM OF MAGNESIA

ANTACID-LAXATIVE

Invaluable in cases of Acidity, Flatulence, Constipation, Heartburn, etc., and universally recognised as the safe laxative for children.

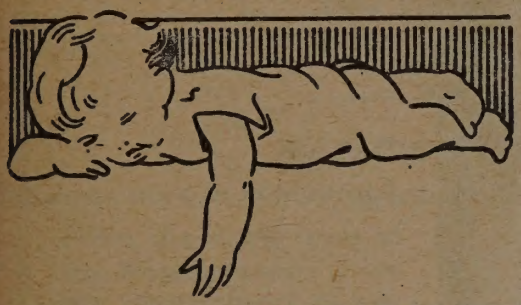
1/-

PER BOTTLE

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

It is advisable to check baby's weight regularly to satisfy yourself that he is making normal progress. Scales are installed at most of our branches to assist you in this; and your chemist will always be prepared to advise you on any matters of feeding, etc. You will find the checking of baby's weight and the examination of motions passed are two very fair guides as to his general condition. Cream of Magnesia may be safely administered as a cooling laxative even for very young babies.

Finally, be very careful to ensure scrupulous cleanliness in all things associated with the baby. His young life depends upon your little ministrations. You cannot afford to neglect the smallest detail of his welfare.



Stahls

° *MAYGRAVIA* °

BABY

PREPARATIONS

"Maygravia" Baby Soap

Per tablet, 6d.

"Maygravia" Baby Powder

Per tin, 9d.

"Maygravia" Baby Cream

Per jar, 1/-.

o

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

Only the BEST is GOOD ENOUGH for BABY

That is why so many mothers insist upon obtaining all their Nursery requirements from us. They know they can depend on everything they buy from Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc. to be of the finest quality.

FEEDING BOTTLES

The "VERISAN." Complete with purest washable rubber teat and valve. Price **1/3.**

The "GUILDFORD." Price **10d.**

The "GUILDFORD" Miniature. Price **6d.**

The "IDEAL." Price **6d.**

WE ALSO STOCK

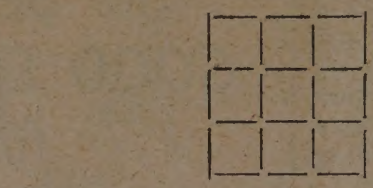
Baby Hair Brushes
Teething Powders
Waterproof Sheeting
Baby Combs
Puffs
Safety Pins
Dill Water
Cotton Wool
Zinc and Starch Powder
etc.
and

we always keep fresh supplies of all the leading makes of Baby Foods.

The Children's Corner

A MATCH PUZZLE

Arrange 24 matches to form a set of nine squares as shown in the following figure :



The problem now is to remove eight of the matches so as to leave only two squares. Can you do it ?

OMISSIONS

In each of the following lines the second blank is the same as the first but with its initial letter missing. Can you find the missing words ?

If a good soldier swears by his —— he will keep his ——.
We —— we can only —— money by hard work.
My hair is —— said the little girl with a —— smile.
We must —— a cloth —— the bird's cage.
When I reach the —— of the hill I shall ——.

RIDDLES AND CONUNDRUMS

1. What is it that lives in winter, dies in summer, and grows with its roots upwards?
2. When is a boat sentimental ?
3. Why is a spider a good correspondent ?
4. What business never progresses ?
5. What is it that we return, yet never borrow ?
6. When is a bill like a rifle ?

SOME TRAPS FOR THE UNWARY

1. If a goose weighs 4 lbs. and half its own weight, how much does it weigh ?
2. I purchased a table and a chair which cost me £2 10s. 0d. The table cost £2 more than the chair. How much did the chair cost ?
3. Two books (volumes one and two of a work) stand upon the shelf in my library. Each volume contains 300 pages, and the 300 pages make a thickness of one inch exactly. The covers of the books are one-eighth of an inch thick. Now a bookworm bored his way straight through from page one of volume one to page 300 of volume two. If we ignore the fly leaves and end papers, what distance did that bookworm travel by the time he reached page 300 of the second volume ?

ANAGRAMS

An excellent game for your leisure moments may be found in making up anagrams from familiar words. A perfect anagram should employ every letter of the original word chosen—no more and no less—and should have some bearing on the word from which it is made up.

Here are a few good specimens of anagrams to guide you :—

Revolution—To love ruin.
Telegraphs—Great helps.
Matrimony—Into my arm.
Presbyterian—Best in prayer.
Elegant—Neat leg.

(*Solutions will be found on page* 57)

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

Finest
OLIVE OIL
The Gift of Sunny Lands
Freshest & Purest
FOR TABLE OR MEDICINAL USE
OUR OLIVE OIL COMES FROM THE PICK OF THE GROVES!

From the sunny lands of the Mediterranean come the richest fruits of the olive groves for the manufacture of our Olive Oil.

In sauces and salads it is delicious, and because it is highly refined it is eminently suitable for all medicinal purposes.

Verisan

BRAND

OLIVE OIL

Per Bottle **6D.**

More economical sizes : **10d., 1/5, 2/6, 4/6, 8/6 and 16/-.**

THERE'S
VITALITY
IN EVERY
GLASSFULL

Vances Health Salt is a natural health restorative. Sparkling with energy and bubbling with vitality it purifies the blood, invigorates the system, puts back the sparkle into listless eyes, and makes life worth living again.

5½d. & 10½d.

VANCES

• HEALTH SALT •

Obtainable at all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

SPORTS

ASSOCIATION CUP

1934–35	Sheffield Wednesday beat West Bromwich Albion	4 2
1935–36	Arsenal beat Sheffield United	1 0
1936–37	Sunderland beat Preston North End	3 1
1937–38	Preston North End beat Huddersfield Town	1 0

THE LEAGUE—FIRST DIVISION

1934–35	Arsenal	58 points
1935–36	Sunderland	56 points
1936–37	Manchester City	57 points
1937–38	Arsenal	52 points

THE LEAGUE—SECOND DIVISION

1934–35	Brentford	61 points
1935–36	Manchester United	56 points
1936–37	Leicester City	56 points
1937–38	Aston Villa	57 points

RUGBY UNION

1934–35	Ireland	4 points
1935–36	Wales	5 points
1936–37	England	6 points
1937–38	Scotland	6 points

THE GRAND NATIONAL

1934	Golden Miller	S.P. 8–1
1935	Reynoldstown	S.P. 22–1
1936	Reynoldstown	S.P. 10–1
1937	Royal Mail	S.P. 100–6
1938	Battleship	S.P. 40–1

THE DERBY

1934	Windsor Lad	S.P. 15–2
1935	Barham	S.P. 5–4
1936	Mahmoud	S.P. 100–8
1937	Mid-day Sun	S.P. 100–7
1938	Bois Roussel	S.P. 20–1

ST. LEGER

1934	Windsor Lad	S.P. 4–9
1935	Bahram	S.P. 4–11
1936	Boswell	S.P. 20–1
1937	Chulmleigh	S.P. 18–1

RECORDS

COUNTY CRICKET CHAMPIONSHIP

1933 Yorkshire ..... 315 points
1934 Lancashire ..... 257 points
1935 Yorkshire ..... 321 points
1936 Derbyshire ..... 239 points
1937 Yorkshire ..... 302 points

UNIVERSITY BOAT RACE

1933 Cambridge won by 2¼ lengths.
Time: 20.57.
1934 Cambridge won by 4¼ lengths.
Time: 18.3
1935 Cambridge won by 4¼ lengths.
Time: 19.48
1936 Cambridge won by 5 lengths.
Time: 21.6
1937 Oxford won by 3 lengths.
Time: 22.39
1938 Oxford won by 2 lengths.
Time: 20.30

LAWN TENNIS CHAMPIONSHIPS

Ladies' Singles
1934 Miss D. E. Round
1935 Mrs. H. Wills-Moody
1936 Miss H. H. Jacobs
1937 Miss D. E. Round
1938 Mrs. H. Wills-Moody

Ladies' Doubles
1934 Mme. R. Mathieu—Miss Ryan
1935 Mme. R. Mathieu—Miss Ryan
1936 Miss K. Stammers—Miss F. James
1937 Mme. R. Mathieu—Miss A. M. Yorke
1938 Mrs. S. P. Fabyan—Miss A. Marble (U.S.A.)

Men's Singles
1934 F. J. Perry
1935 F. J. Perry
1936 F. J. Perry
1937 D. Budge
1938 D. Budge

Men's Doubles
1934 L. R. Steefan—G. M. Lott
1935 J. H. Crawford—A. K. Quist
1936 G. P. Hughes—C. R. D. Tuckey
1937 D. Budge—G. Mako
1938 D. Budge—G. Mako

13 IS *lucky*

When it comes to corns, there is no luckier number than 13; for the speediest and the most certain remedy for corns of all kinds is **No. 13 CORN CURE.**
It quickly relieves all pain, and, after a short treatment, enables the most obstinate of corns to be removed with ease.

No. 13 CORN CURE
PER BOTTLE 7½D.

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

Do You Know in Sport?

1. What is the record number of points by which the F.A. First Division Championship has been won?

2. When was the F.A. Cup first taken out of England?

3. When were the four Classic Races (Thousand Guineas, Derby, Oaks and St. Leger) all won by the same horse?

4. Who was the youngest jockey ever to ride in the Grand National?

5. When was the Derby won by a horse without a name?

6. Who is the only wicket-keeper to have scored a century in the England-Australia Test Matches?

7. What is the record time in which the University Boat Race has been rowed on the present course?

(*For answers, see page* 61)

Remedy Colds
BY INHALATION
—Doctors Recommend It

The medical profession is agreed that the inhalation of certain healing principles—such as pine oil—is of great benefit in the treatment of colds and kindred ailments.

Pynine Vapour, containing pine oil and other natural healing principles, is recognised by thousands of sufferers as the most effective inhalant. For colds, influenza, catarrh, hay fever and other disorders of the respiratory organs it is an invariable relief.

PYNINE
BRAND
VAPOUR

Pynine is most simple in application. Simply sprinkle a few drops on a handkerchief and inhale the healing vapour. Its effect is felt at once: the nasal passages are quickly cleared and breathing is made easier.

Per bottle **1/-** *and* **1/9**

Also
PYNINE
PAPER HANDKERCHIEFS
Antiseptic and hygienic.
3d. *and* **6d.** *per packet.*

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

AIDS TO SCHOLARS
AND OTHERS.

Latitude and Longitude.
Latitude is distance measured from the equator towards the poles, calculated in degrees up to 90 degrees either way. England, for example, falls within an area between 50 and 56 degrees of latitude north of the equator.

Longitude is distance measured either east or west of the First Meridian. An imaginary line passing through Greenwich is called our First Meridian, and is marked 0 degrees on our maps. The counties of Suffolk, Norfolk, etc., are 1 degree east; those of Cornwall, Pembroke, etc., 5 degrees west.

Hemispheres.
A map of a hemisphere is one showing half of the terrestrial globe, and can be taken either as the upper or lower divisions or else as the left or right halves of the globe. Thus, we may have the *eastern* hemisphere, embracing Europe, Asia, Africa and Australia: the *western*, taking in North and South America; the *northern*, embracing all north of the equator; and *southern*, taking in all below, or south, of the equator.

Continents. There are five continents: Europe, Asia, Africa, America and Australia.

Peninsulas. While an island is completely surrounded by water, a peninsula is a portion of land that is partly, but not completely, so surrounded.

A **Plain** is a level stretch of land that is not raised above the sea level.

A **Plateau,** on the other hand, is a level stretch of land that *is* at a high elevation.

A **Prairie** is the North American name for a Plain; in South America they are called *Pampas*.

A **Riding** is a third part of a county. Yorkshire is, of course, so divided.

An **Archipelago** is a sea that is sprinkled with islands.

An **Oasis** is a small patch of cultivated land (usually with trees and a spring of water) in the heart of a desert.

Solutions to Children's Corner

(*See Page* 52)

A MATCH PUZZLE.

Leave the squares like this :

OMISSIONS

If a good soldier swears by his *sword* he will keep his *word.*

We *learn* we can only *earn* money by hard work.

My hair is *awry* said the little girl with a *wry* smile.

We must *cover* a cloth *over* the bird's cage.

When I reach the *crest* of the hill I shall *rest.*

RIDDLES AND CONUNDRUMS.

1. An icicle.
2. When it hugs the shore.
3. Because he drops a line between each post.
4. The stationery business.
5. Thanks.
6. When it is presented and discharged.

SOME TRAPS FOR THE UNWARY.

1. The goose weighs 8 lbs., not 6 lbs.
2. The chair cost me 5s.
3. The worm travels only a quarter of an inch because when two volumes of a work stand on a shelf, the first page of volume one is on the extreme right of the book, while the last page of volume two is on its extreme left. Hence the bookworm has actually only to bore through the thickness of the two covers!

Through the wonderful healing properties of Kutisol Pilecones, instant relief from pain is now possible. They soothe and heal all inflammation, definitely prevent the development of serious complications, and lead eventually to complete freedom.

1/3 and 3/-

KUTISOL (REGD. BRAND)

PILECONES

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

VERISAN

Brand

IMPROVED PARRISH'S

Chemical Food

This preparation has unique restorative and strength-building properties. It is particularly valuable as a tonic for weak or ailing children and convalescent adults.

Per Bottle 7½d.

Also in 1/-, 1/9 and 3/- sizes.

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

COMMON COMPLAINTS

IF a census were taken of the minor bodily ills to which our modern age is most prone, there is little doubt that such complaints as Rheumatism, Gout, Arthritis, etc., would head the list as most general.

Space will not permit us here to go fully into the causes of these common complaints; suffice it to say that the *external* pains have their origin in an *internal* cause. It has been found, therefore, that in most cases a dual treatment proves the most effective. This treatment consists in massaging the muscles and joints externally with Electric Liniment to obtain relief from the *outward* rheumatic pains, while at the same time attacking the underlying cause or origin of the trouble, within the system, by taking Electric Tablets internally. Electric Tablets, which may be obtained from your local branch for 10½d. (they are also put up in 2/- sizes) prevent the deposit of those sharp needle-like crystals within the system, which are chiefly responsible for these uric-acid complaints. It will readily be seen, therefore, that the greatest benefit may be looked for when this dual method of treatment is employed persistently over a period varying according to the intensity of the condition, to counteract both the cause and the effect at one and the same time. The Liniment costs 1/3 (or a larger size 2/-) so it will be seen that the treatment is not costly.

Another very common complaint to which we moderns are particularly subject is minor kidney trouble. The symptoms are very well known: a sudden, sharp stabbing pain in the back, accompanied by a feeling of "muzziness" in the head and general lassitude. In its minor stages kidney trouble is not serious, but if allowed to develop there is very definite danger. Once it has become really established in the system, it is difficult indeed to eradicate. But you need not (in fact you *ought* not) to allow your kidneys to get into that state. The remedy is very simple: a course of Buchu-Juniper pills will speedily eliminate the trouble and restore the system to normal by strengthening the kidneys and expelling from the system that excess of Uric Acid that is the main cause of backache, rheumatism, etc. Harden Griffiths Buchu-Juniper Pills will give speedy relief in all kidney and bladder complaints, and are extremely beneficial in cases of Gravel or Stone in the Bladder. They may be obtained at all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc., at 1/3, 3/-, and with the modern tendency to urinary complaints, no family should be without them.

Weights &

AVOIRDUPOIS WEIGHT

16 drams	... ...	1 oz.
16 ozs.	... ...	1 lb.
14 lbs.	... ...	1 stone
28 lbs.	... ...	1 quarter
4 qrs.	... ...	1 cwt.
20 cwts.	... ...	1 ton

APOTHECARIES' WEIGHT

20 grains	... ...	1 scruple
3 scruples	...	1 drachm
8 drachms	...	1 oz.

APOTHECARIES' FLUID MEASURE

60 minims	... ...	1 drachm
8 drachms	...	1 oz.
20 ozs.	... ...	1 pint

TROY WEIGHT

24 grains	... ...	1 pennyweight
20 dwts.	... ...	1 oz.
12 ozs.	... ...	1 lb.

MEASURE OF CAPACITY

4 gills	... ...	1 pint
2 pints	... ...	1 quart
4 quarts	... ...	1 gallon
2 gallons	... ...	1 peck
4 pecks	... ...	1 bushel
8 bushels	... ...	1 quarter

SQUARE MEASURE

144 sq. inches	...	1 sq. foot
9 sq. feet	...	1 sq. yard
30¼ sq. yards	...	1 sq. rod, pole or perch
40 sq. poles	...	1 rood
4 roods (or 4,840 sq. yds.)		1 acre
640 acres	... ...	1 sq. mile

CUBIC MEASURE

1,728 cubic inches	1 cubic foot
27 cubic feet	... 1 cubic yard

Measures

WINE MEASURE

4 gills or noggins		1 pint
2 pints ...	...	1 quart
4 quarts ...	...	1 gallon
18 gallons	...	1 runlet
42 gallons	...	1 tierce
63 gallons	...	1 hogshead
84 gallons	...	1 puncheon
126 gallons	...	1 pipe or butt
252 gallons	...	1 tun

Note :—A pipe of Madeira equals 92 gals.; a pipe of Sherry, 108; Brandy, 114; and of Port, 115 gals.

ALE & BEER MEASURE

9 gallons ...	...	1 firkin
18 gallons ...	...	1 kilderkin
36 gallons ...	...	1 barrel
54 gallons ...	...	1 hogshead
2 barrels ...	...	1 puncheon
3 barrels ...	...	1 butt

MISCELLANEOUS

Quartern loaf	...	4 pounds
Firkin of butter	...	56 pounds
Box of fish	...	90 pounds
Stone of meat	...	8 pounds
Barrel of raisins	...	112 pounds
Pig of ballast	...	56 pounds
Sack of potatoes	...	168 pounds
Sack of flour	...	280 pounds
Sack of coal	...	224 pounds
Small sack of coal		1 cwt.
Load of bricks	...	500

MEDICINES

4 teaspoonfuls equal 2 dessert-spoonfuls.

2 dessert-spoonfuls equal 1 table-spoonful.

1 tablespoonful equals half fluid ounce.

Note :—In practice it is far safer, owing to the various sizes of spoons by different makers, to measure all medicine by means of a medicine measure. The above table is intended merely as a guide where a medicine measure is not available.

SERIOUS COMPLICATIONS

and weeks of illness

RESULTING FROM A COMMON COLD

CAN BE PREVENTED

by taking a few

TIMELY DOSES

of

GEE'S COLD

and

INFLUENZA MIXTURE

1/3

PER BOTTLE

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

HINTS FOR GOOD COOKING

A Suet Pudding will be all the lighter if you shred the suet instead of chopping it.

Fish Odours. To remove all odours of fish from plates and dishes, etc., add a little dilute acetic acid to the washing-up water.

Jellies. When a jelly will not set, add the juice of a lemon.

Potatoes are always better, and will cook more readily, if they are cut lengthwise instead of across.

Tea Stains on china may quickly be removed by rubbing with damp salt.

Burnt Taste. If anything which is being cooked in a saucepan should become a little burnt, stand the saucepan immediately in a bowl of cold water. This will have the effect of entirely removing the burnt taste.

Tomatoes. Before peeling tomatoes plunge them into hot water for a moment: the skins will then be found to come away easily.

Preserving Cheese. A lump of sugar placed in the cheese dish will absorb moisture and prevent mildew from forming on the cheese.

Cleansing Sinks. Wash down the sink at frequent intervals with boiling water to which has been added a little permanganate of potash. This will keep your sink delightfully clean and sweet.

Damp Salt. If salt seems inclined to be perpetually damp, cut out a small piece of white blotting-paper and place this in the bottom of the salt cellar; all moisture will then be absorbed as it arises.

Boiling over. When the contents of a saucepan boil over on the stove, while cooking, sprinkle a little salt over it; there will then be no unpleasant smell of burning.

Continued on opposite page

VANCES
Corn Cure
1/1½ *per bottle*

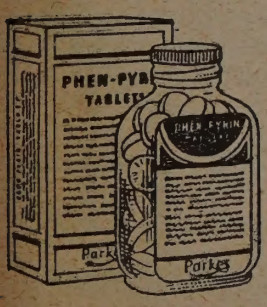
A never-failing remedy for Corns. It is painless, speedy and certain.

Obtainable from Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

PHEN-PYRIN
TABLETS GIVE
Immediate Relief from Headaches

PHEN-PYRIN TABLETS are the most efficacious method of administering aspirin with safety. They do not affect the heart, and the regular use of them does not impair their therapeutic effect, which is constant all the time. **PHEN-PYRIN TABLETS** are therefore an unquestionably effective remedy in all cases of **HEADACHES, NEURALGIA, TOOTHACHE, LUMBAGO, SCIATICA, RHEUMATISM, COLDS, INFLUENZA AND ALL MUSCULAR PAIN.**

Ask for



PHEN-PYRIN TABLETS

Bottles of 25, 1/- ; 50, 1/9.
Trial Tubes of 5, 3d. ; 10, 6d.

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

COOKING HINTS—*cont.*

Keeping Milk. During the summer months milk will keep fresh much longer if you add a pinch of bi-carbonate of soda to it.

Mint Sauce should always be made at least an hour before it is required for use.

Boiling Milk. When milk is being heated, stand a pie chimney in the saucepan. Milk will never boil over if this is done.

Peas taste much nicer if a dessertspoonful of sugar is boiled with them.

Gravy making. A little coffee essence added to gravy gives it a good colour and also improves the flavour. Only a very little essence is required.

Iced Cakes. To ensure cutting iced cakes neatly, dip the knife in boiling water for a moment beforehand.

Glazing Pastry. Boil two teaspoonfuls of brown sugar in two tablespoonfuls of milk; allow to cool, and then brush quickly over the pastry. This will be found quite as effective, yet much cheaper, than using an egg.

ANSWERS TO "DO YOU KNOW IN SPORT ?"

(*See page* 55)

1. 66 points by Arsenal in Season 1930-31.
2. In 1926-27 Season by Cardiff City.
3. In 1902 a filly named "Sceptre" won all four classic races.
4. B. Hobbs, who won last year's Grand National on "Battleship." He was only 17.
5. In the year 1797. The horse was styled as "colt by Fidget."
6. Ames, who scored 120 in the second Test Match, won by England at Lord's during the 1934 series.
7. 18 minutes, 3 seconds, made by Cambridge in 1934.

Q.V.R.O.

(Quick Vaporising Rubbing Ointment)

THE WONDERFUL OINTMENT FOR COUGHS AND COLDS

RUB **Q.V.R.O.** UPON THE CHEST AND BACK . . . . . .

Its healing vapours will seep through the skin to the very seat of infection, relieving all tightness and irritation.

INHALE **Q.V.R.O.**

A little of the ointment in a saucer of hot water gives off a soothing and healing vapour, which, when inhaled through the nose, eases breathing and clears away catarrh from the head passages.

Q.V.R.O. CAN BE USED AS A LINIMENT.

For muscular aches and pains, for headaches and facial neuralgia Q.V.R.O. is a soothing remedy. It is also a safe and effective application for bruises and inflamed surfaces of the skin.

Q.V.R.O. **1/3 and 2/3 Per Jar.**

"Taycol" Brand (Regd.)

Quick Vaporising Rubbing Ointment

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

NUMEROLOGY

YOUR LUCK IN YOUR NAME

THE number to which your name corresponds is of strange significance. The associations of that number will, it will be found, repeatedly occur in the important issues of life. Frequently the birth date number and the name number are the same, and when this occurs that number is particularly lucky.

To find the number of your name, write down in a column the letters of both Christian names and surname, and against each letter place the number corresponding to that letter as given in the table below. Now add up the total, and when you get your answer, again add together the numbers in your addition until you arrive at a single figure.

Let us suppose, for example, that when you have added your figures together they total 65. In that case you must add 6 and 5, which will give you 11, again a double number, so you add 1 and 1, giving your final single digit as 2. And 2 is your lucky number.

In the table below we have grouped together, for easier reference, the various letters that correspond to each figure from 1 to 9, and from this tabulation you will be able to calculate your name number with the greatest facility.

1	A	J	S	6	F	O	X	
2	B	K	T	7	G	P	Y	
3	C	L	U	8	H	Q	Z	
4	D	M	V	9	I and R			
5	E	N	W					

Now let us take an example of a name for your further guidance, and reduce it to its final digit as explained above:

J - 1	E - 5	H - 8
A - 1	D - 4	O - 6
M - 4	W - 5	R - 9
E - 5	A - 1	T - 2
S - 1	R - 9	O - 6
	D - 4	N - 5

A little rapid calculation will show that the total of these letters is 76. 7 and 6 added together give us 13, which still being a double number must again be added together, giving us the final single digit of 4. 4 is therefore the number of

James Edward Horton; and if such a person should happen to have been born on the 4th, 13th or 31st of any month, then the number 4 will be more than ever apparent in all his life's associations.

If the birth date number and the number corresponding to your name *do not* correspond, however, the birth date number will still have significance in your life, and it will probably be found that both numbers bring you luck in different associations. It also frequently happens that a woman whose name number and birth date do not agree will discover after marriage that her new name *does* tally with the number of her birth date. Some very interesting indications of fortunate days and lucky number associations may be observed by noting the recurrence in the life of the birth date number and the name number.

But do not forget that in both the name *and* the birth date, the number must be reduced by addition to a single digit.

Never Known to Fail

REGD.

KILLCORN

The Corn Cure that definitely conquers corns without pain.

Per bottle, **1/-**

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

VERISAN
Brand
GLYCERINE
of THYMOL

This reliable gargle and mouth wash provides thorough protection from all infection which strikes through the throat.

Per bottle, 7d.

More economical sizes, 1/-, 1/9 and 2/9.

Also

GLYCERINE of THYMOL PASTILLES

1/- and 1/6 per box.

VERISAN
Brand
MEDICINAL PARAFFIN

Careful laboratory examination ensures that Verisan Medicinal Paraffin is of that high standard of excellence which renders it invaluable as an internal lubricant. It is tasteless and odourless and is the safest and most reliable remedy for constipation.

Per bottle, 9d.

More economical sizes, 1/3, 2/3, 4/3, 5/6 and 8/-

Obtainable from all branches of Timothy Whites & Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson & Capper, etc.

POSTAL INFORMATION

INLAND

LETTERS

Not exceeding 2 oz., 1½d.
For every additional 2 oz., ½d.
Limits of size—length 2 ft.; width, 1 ft.; depth, 1 ft.; in roll form—length, 30 in.; diameter, 4 in. No weight limit.

POST CARDS

Size to be not more than 5¾ in. by 4⅛ in., and not less than 4 in. by 2¾ in., 1d.
Reply paid, 2d.

BUSINESS REPLY CARDS AND ENVELOPES

(Licence Required)
Ordinary postage, plus ½d.

NEWSPAPERS

(Registered at G.P.O.)
Not exceeding 6 oz. (per copy) 1d.
For every additional 6 ozs. up to 2 lb., ½d.

"BLIND" LITERATURE

(Papers or Books in "Braille")
Not exceeding 2 lb., ½d.; 2 to 5 lb., 1d.; 5 to 6¾ lb., 1½d.

PRINTED PAPERS

For every 2 oz. or part of 2 oz., ½d.
Limit of weight, 2 lb. Limits of size as for letters. Must be open to examination and must be posted before the time fixed by the local Post Office.

SAMPLES
(Trade only)

Not exceeding 4 oz., 1d.; 4 to 6 oz., 1½d.; 6 to 8 oz. (maximum), 2d.

PARCELS

Not exceeding 3 lb. in weight, 6d.; and 1d. for each additional 1 lb. up to 9 lb.; and a flat rate of 1/- from 9 lb. to 15 lb.
No parcel may exceed 15 lb. in weight.

REGISTRATION

Minimum fee 3d. Any letter, parcel or postal packet may be registered. Must be handed to a Post Office Official and a receipt obtained.

POUNDAGE ON POSTAL ORDERS

Up to 2/6, 1d.; 2/6 to 15/-, 1½d.; 15/- to 21/-, 2d.

POUNDAGE ON MONEY ORDERS (Inland)

Sums up to £3, 4d.; £3 to £10, 6d.; £10 to £20, 8d.; £20 to £30, 10d.; £30 to £40, 1/-; Maximum £40.
Telegraphed: as above plus cost of telegram and fee of 2d.

TELEGRAMS

Sixpence for first nine words, including the address (to Irish Free State, 1/6 for 12 words) and 1d. for every additional word. Postage stamps are used as payment, but must be affixed to the message forms.
Night telegraphed letters, for delivery next morning (between certain specified towns only) 36 words or less, 1/-; every additional three words, 1d.

RADIOTELEGRAMS

Radiotelegrams for ships at sea may be handed in or telephoned to any Post Office at which telegraph business is transacted. Charges vary according to route, etc.

CASH ON DELIVERY

Fees: up to 10/-, 4d.; 10/- up to £1, 6d.; £1 to £2, 8d.; £2 to £5, 10d.; for every additional £5 up to £40, 2d.

OVERSEAS

LETTERS

(British Empire and U.S.A.)
Not exceeding 1 oz., 1½d.
For every additional oz., 1d.
(Other Countries).—Not exceeding 1 oz., 2½d.
For every additional oz., 1½d.

POST CARDS

For all countries overseas, 1½d.
Reply paid, 3d.

PRINTED PAPERS AND COMMERCIAL PAPERS

(including Newspapers)
Per 2 oz., ½d.; Minimum, 2½d.

MAGAZINE POST TO CANADA AND NEWFOUNDLAND

Up to 2 oz., ½d. (as Printed Papers); 2 oz. to 6 oz., 1d.; 6 oz. to 1½ lb., 1½d.; each additional ½ lb., ½d.

SAMPLES

For first 4 oz., 1d. For every additional 2 oz., ½d. Must be fully prepaid.

SMALL PACKETS

Per 2 oz., 1½d. Minimum, 6d.
Limit 2 lb. Must be fully prepaid.

TELEGRAMS

France, Belgium, Holland, Denmark, Norway and Sweden, 2½d. per word. Germany, Switzerland, Italy and Spain, 3d. per word.
Minimum 1/3.

AIR MAIL

LETTERS

Any kind of letter or paper may be sent if in accordance with ordinary Postal regulations. Packets may be registered. A blue Air Mail label, free at any Post Office, must be affixed to the top left hand corner of every Air Mail package; stamps to amount of combined postage and Air Mail fee to top right hand.

PARCELS

Usual Parcel regulations. Label to be affixed wherever addressee's name appears.
For further particulars regarding Air Mail see special pamphlet obtainable at any Post Office.

I'M AS WELL AS CAN BE!

—and Mummy says I'm growing up into a fine big girl— thanks to Maltogen.

MALTOGEN *is* the finest tonic-food for growing kiddies, for it contains tonic phosphates to build bone and muscle, extract of Barley Malt to aid digestion, and all the vitamins essential to vigorous health and natural growth. Maltogen is splendid for *everyone* because it gives strength to resist all illness and is a wonderful restorative of nervous energy. Put the whole family on Maltogen to-day—the children will love its delicious toffee-like flavour!

. . . THANKS TO

MALTOGEN REG.

Per jar 1/4
Also 2/3, 3/10 and 6/3 sizes.

Obtainable from all branches of Timothy Whites and Taylors, Taylors the Chemists, Parkes, Thornbers, Thompson and Capper, etc.

GEE'S
LOBELLINE

*

Britain's best cough cure

THE one reliable remedy for coughs and colds is Lobelline. It works quickly and surely, eases away the gripping sensation in the throat, loosens the phlegm, and soothes and restores the inflamed lungs. Being made entirely from herbs it is pure and harmless and is therefore the ideal cough mixture for the kiddies. Because it tastes so good there is never any difficulty in getting them to take it. Kiddies *like* Lobelline !

PER BOTTLE
1/3, 3/- & 5/-

ALSO
LOBELLINE LOZENGES
In handy tins, **1/3 & 3/-**

STOCKED BY ALL BRANCHES OF
Timothy Whites & Taylors
TAYLORS *DISPENSING* CHEMISTS
PARKES - THORNBERS - THOMPSON & CAPPER.
BRANCHES THROUGHOUT GREAT BRITAIN.

AND FROM
CHEMISTS EVERYWHERE

Made and Printed for the Publishers by Joseph Wones Ltd., Walsall Street, West Bromwich.